

# MILITARY & VETERAN Suicide Awareness & Prevention Day

Coming together to support military, veteran,  
and family mental wellness

September 6, 2017  
..... 9 a.m. – 12 Noon .....

East Side of the California State Capitol  
1315 10th St, Sacramento, CA 95814

## Join us in raising awareness about suicide within the military and among veterans.

Suicide is a serious and tragic public health problem that can be prevented through mental health and substance use awareness, services, and support. Suicide affects all Americans, but data show that active duty service members and veterans die by suicide at much higher rates than the civilian population.

All of us have a responsibility to support and help our military personnel, their families, and veterans for protecting and serving our country. We must speak up about mental health, wellness, and suicide prevention. Our voices are amplified when we speak up together. By hosting Military and Veteran Suicide Awareness and Prevention Day, we bring attention to a stigmatized topic, strengthen community, and energize efforts to save the lives of those who have courageously served our country and protected us.

## Isolation Kills and Community Heals

This is a free event! Prepare for outdoor seating,  
bring folding chairs and picnic seating.



After Military and Veterans  
Suicide Awareness  
and Prevention Day,  
stay for the  
CA Mexican-American  
Veterans Memorial  
Rededication

11:30am  
10th Street at Capitol Mall  
Sacramento, CA

RSVP for event at  
<https://goo.gl/wtv96K>

Please call MHAC at 916-557-1167 with questions.

Reasonable accommodation will be provided for any individual with a disability. Pursuant to the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990, any individual with a disability who requires reasonable accommodation to attend or participate in a meeting or function of the board may request assistance by contacting the MHAC at 916-557-1167.

## Speakers

**Senator Josh Newman**, District 29, Orange County, Veteran

**Jim Gilmer**, Immediate Past Board Chair, Mental Health America of California, Veteran

**Jon T. Perez**, Ph.D., CAPT, USPHS, Regional Administrator, HHS Region IX, Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services

**Melanie Reagan**, Event MC, Board Member, Volunteer and Peer Advisor for Purple Star Veterans and Families; Consultant to Joint Fairs Committee; CA State Senator Anthony Cannella; Military Mom

**Hannah Williamson**, County Veteran Service Officers, Sacramento County, Veteran, US Army

## Partners



Senator Josh Newman,  
Orange County, District 29



## Sponsors



## Hosted by

