



LEARN MORE by visiting:

It's Up to Us, San Diego

www.Up2SD.org

Spanish language Up to Us

up2sd.org/nosotros/

Physicians' site

www.MDHelpSD.org

Site for men

www.ToughTimesSD.org

Facebook page

<https://www.facebook.com/up2sd>

YouTube channel

<http://www.youtube.com/user/up2sd>

Download materials, including print, outdoor, TV, radio and outreach materials. *Note* you can download a flyer on the signs of depression in Arabic, English, Spanish, Tagalog and Vietnamese at this site:

<http://up2sd.org/about/campaign-materials>

Statistics:

County of San Diego Health and Human Services Agency. *Suicide in San Diego County, 2000-2009*. Sept. 2011 http://www.sdcounty.ca.gov/hhsa/programs/phs/documents/CHS-SuicideReport_2011.pdf

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