The mission of San Francisco Suicide Prevention is to provide emotional support, education, assistance, and intervention as necessary to all persons in crisis and those impacted by them, with the goal of reducing suicides and self-destructive behaviors.
Executive Director’s Message

This has been a signal year for suicide prevention – both for our agency’s services and for national attention to the issue as a whole. We have been proud to be part of the ongoing dialogue as the people of the United States begin to understand that suicide is about “us,” not just “them.”

First and most recently, the Golden Gate Bridge made its long-awaited decision to commit matching funds to the Federal and State contributions towards a net deterrent that would finally end the unbroken toll of deaths – now estimated to exceed 2000 individuals of all ages, 80% of whom had lived in the Bay Area. The estimated time of construction completion is still three years away but anything that brings it closer is welcome.

Secondly, in several professional conferences throughout the year, people who had lived through their own past suicide attempts and were now in positions that enabled them to help others in trouble stepped forward and identified themselves as individuals with “Lived Expertise.” The American Association of Suicidology created a special educational track to enable this movement to grow.

Most wonderfully, right here in our own agency, there were impressive miracles of accomplishment. Our two special events raised more much-needed funding than ever before. We were able to expand our social media and texting services, and to acquire a new program, “Grief Response,” to assist families and individuals in coping with sudden, unexpected deaths. This became part of our families and friends services that include suicide survivor grief groups and HOPE groups for attempt survivors. At the same time our calls grew by an average of 20% over last year and we found ourselves with the largest volunteer pool in history.

You had a crucial role in all of this progress. Everyone is grateful to you.

Thank you so much.

Eve R. Meyer

Staff

Eve Meyer (MSW, MHSA)   Executive Director
Meghan Freebeck (MAE)   Director of Development
Lilyana Gonzales-Hudson   Client Services Director
Michelle Thomas   Outreach/Education Director
Joseph Boone   Volunteer Coordinator
Courtney Brown   Hotline Coordinator
Elisay Digiuseppe (MBA)   Accountant
John Fox   IT Director
Jeremy Garza   Overnight Coordinator
David Paisley   Contractor
Jane Tsang   Office Manager

Board of Directors

Brian Byrne   President
Helen Rosen   Vice President
Mike Dahn   Treasurer
Mary Bianco
Kate Healy
Mark Gedymin
Peter Rojo

Board Corner

by Brian Byrne, President of the Board

SFSP is justifiably proud of being the first suicide prevention hotline in the United States. But as I look back over my four years as President of the Board, I am more impressed by how the Agency is positioning itself for the future. Being available and accessible for everyone requires new thinking on how people contact us and out-reach so that the people of this city know we are there for them. I would like to acknowledge the staff and the volunteers who have embraced this change and I know that when it comes to finding new and better ways to help our community, San Francisco Suicide Prevention will continue to lead the way.
Volunteer Highlights

During the 2013-2014 fiscal year, a record of 82 volunteers completed the rigorous 56-hour crisis intervention training program and have gone on to provide emotional support during weekly 4-hour shifts. In line with the history of San Francisco Suicide Prevention, volunteers came from all walks of life: engineers from Google, LinkedIn, and Beats, servers, researchers, flight attendants, pharmacists, writers, firefighters, and students to name a few.

Volunteers were recognized at a concert held at the Verdi Club in San Francisco’s Mission District, on March 9th of 2014. Attendees were recognized for their hard work with three musical guests, a brunch buffet, and so many raffle prizes that every volunteer went home with a gift. Continuing education trainings on urgent care clinics within the city, holiday parties, and additional suicide intervention skills trainings were also made available throughout the year.

Outreach and Education

SFSP’s Education and Outreach Program provides crisis intervention training to adolescents, young adults, mental health and healthcare professionals, emergency response personnel, and business leaders. Our goal is to train community members to be ready to respond when someone is in suicidal crisis in an effort to lower suicide rates in the City. In 2013/14 the program trained over 4,000 adolescents and 2,000 adults. That was a 20% increase over the year before!

Resource Development Committee

SFSP has developed a new volunteer opportunity! The Resource Development Committee is a group of creative thinking individuals that meet to discuss potential funding opportunities, evaluate the current financial needs of the organization, and come up with unique and substantial solutions. The committee plans fundraising events, participates in outreach for the agency, develops relationships, and supports the social media and marketing campaigns for the agency.

If you would like to know more about this group, please contact Meghan Freebeck at MeghanF@SFscuicide.org.

SFSP Core Programs
San Francisco Suicide Prevention receives over 125 calls every single day. Of those calls, over 25% of the callers report feeling suicidal; however, there are many reasons that a person might reach out to us. With your help, we are able to ensure that not a single call goes unanswered.

Accomplishments
Some of our recent accomplishments include: Expanding our Outreach Program so that we can provide support to more youths in schools, and training administrators, police, fire, and more on suicide prevention. We enhanced a Grief Support Group, a weekly peer based group for individuals who lost someone to suicide. Additionally, we continue to be the only 24/7 HIV/AIDS emotional support in the country, allowing people with concerns to speak to someone at all hours of the night from anywhere in the country.

Upcoming Goals
After 53 years of service, SFSP continues to grow and strengthen so that we can help more people and save more lives. This upcoming year we will begin running a Grief Response Team, which will respond to a sudden death in San Francisco by providing emotional support to those affected as well as necessary resources. We will implement a Texting Program so that people can reach us through more modes of communication. We plan to train over 120 new volunteers, fulfilling over 25,000 hours of service collectively, so that not a single call from an individual in crisis is missed and to keep our costs focused on programs.

San Francisco Suicide Prevention will rely on private donations and in kind support more this year than ever before. We depend upon individuals, corporations, and family foundations to ensure we remain a thriving organization. The agency handles over 70,000 client contacts on a budget of just over $1 million because we utilize volunteers and keep our services cost-effective. We need your help!

Please Help Support Us By Making a Donation:
By Mail: Send a check payable to: San Francisco Suicide Prevention Attn: Meghan Freebeck PO Box 191350 San Francisco, CA 94119
By Internet: www.SFsuicide.org/donations
By Phone: Call Meghan Freebeck at 415-288-7107
In Kind: Contact Meghan Freebeck at MeghanF@sfsuicide.org to find out our current list of needed items.

Curious about how far your donation will reach?

$5,000 Level
This will allow us to have a staff person in our Youth Risk Reduction program go directly into the community, schools, and other organizations to provide training, outreach, resources, and necessary education for an entire month.

$1,000 Level
This will allow us to provide new workstations for volunteers to answer calls at a faster pace.

$500 Level
At this level we will be able to adopt a San Francisco school for continuous organization support.

$250 Level
This is the cost of each Volunteer Training Course for 15 people. Help us put more people on the lines!

$100 Level
We are working to install and maintain our new text communication software.

$50 Level
This level helps us cover costs such as rent, electricity, and volunteer supervision.

The Past Year Recap
San Francisco Suicide Prevention receives over 125 calls every single day. Of those calls, over 25% of the callers report feeling suicidal; however, there are many reasons that a person might reach out to us. With your help, we are able to ensure that not a single call goes unanswered.

2014/15 Budget

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SFSP relies heavily on individual donations and foundation contributions, and for that we thank you! Over the past year, over 40% of our donations were contributions. In the upcoming year, we will rely on contributions for more than 60% of our total income, making you our key supporters!