



JPB Board of Directors  
Meeting of October 6, 2022

Correspondence as of September 9, 2022

# Subject

1 Thank you from the American Foundation for Suicide Prevention

**From:** [Christina Cappello](#)  
**To:** [Board \(@caltrain.com\)](#)  
**Cc:** [jasminetrau.afsp@outlook.com](#)  
**Subject:** Thank you from the American Foundation for Suicide Prevention!  
**Date:** Wednesday, September 7, 2022 4:28:18 PM

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Hello,

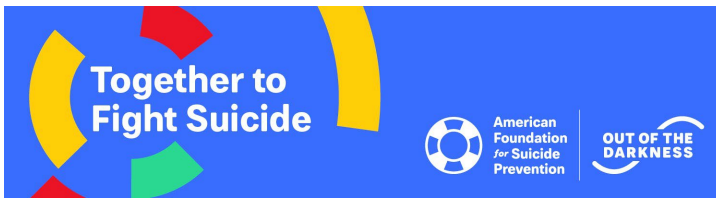
My name is Christina Cappello, and I am the Area Director for the American Foundation for Suicide Prevention Greater San Francisco Bay Area Chapter. I have also copied our Chapter Board Chair, Jasmine Trau, on this email. We oversee a group of amazing volunteers from 16 counties in Northern California, and we wanted to take a moment to thank you for proclaiming September Rail Safety & Suicide Prevention Month. We have learned through research that there is no one single cause to suicide, which makes it incredibly important for us all to work together save more lives and bring attention to this leading cause of death.

We want you to know that our Chapter is always here as a resource for you as you continue this important work! We also invite you to join us as we walk to fight suicide at 6 Community Walk events this September/October, including one this [Saturday September 10, World Suicide Prevention Day, in San Francisco](#). These events give people the courage to open up about their own connections to the cause and a platform to create a culture that's smarter about mental health. Friends, family members, neighbors and coworkers walk side-by-side, supporting each other and in memory of those we've lost. Learn more and register for these free community events at <http://www.afsp.org/walksfbayarea>. We're also happy to share mental health and suicide prevention resources year-round, not just during [National Suicide Prevention Month](#).

Thank you again for helping us create a culture that's smart about mental health in California! We hope to work with you in the future.

With hope,

Christina Cappello (she/her)  
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American Foundation for Suicide Prevention  
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***If you or someone you know is struggling or in crisis, help is available.  
Call or text 988 or chat [988lifeline.org](https://988lifeline.org)***

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