

Subject: Send Silence Packing exhibit on Thursday April 24th
Date: Tuesday, April 8, 2025 at 3:16:01 PM Pacific Daylight Time
From: Marian Edelbrock
To: DL for Miramar College
CC: Julia Kamp, Jina Chavarro Cubides, Maria Sophia Abueg, Cheyenne Larsen
Attachments: image.png, Outlook-2cuduuo2.png

Hello Miramar Community,

As part of our ongoing efforts for Suicide Prevention Month, Mental Health Counseling is partnering with **Send Silence Packing®** on **Thursday, April 24**, to bring their impactful exhibit to our Jet community.

Send Silence Packing is an outdoor exhibit that travels the country to end the silence that surrounds mental health and suicide. This event will be held at campus point all day on the 24th and is designed to inspire action for suicide prevention and to connect people to mental health resources.

We are seeking volunteers to assist with the setup, event operations, and breakdown of this powerful exhibit, ensuring a smooth and meaningful experience for all who attend.

If you are interested in volunteering, please let us know by completing the form below by the end of the day on **Monday, April 14**. Your support will play a vital role in raising awareness and honoring those affected by suicide.

If you have students for whom this would be a meaningful volunteer opportunity, please encourage them to join us and to complete the form with their availability to help out. Any amount of time is helpful.

If possible, we recommend you attend an **optional** virtual Volunteer Training prior to our event day, and Active Minds will assist in providing the necessary accommodations. Please note that all training sessions are closed captioned and recorded. Use the following link to sign up for the upcoming training. There is only one available date for training which is on **Monday April 21 from 1:00pm - 2:00pm PST**.

If you would like to learn more about **Send Silence Packing®**, please refer to the attached link for additional information.

Thank you for your time and support in making a difference.

Volunteer Registration Form: <https://forms.office.com/Pages/ResponsePage.aspx?id=MWAMBLs6NUizDJ2IIvtMaauDpaBw2ktMstXOui33uB5UQUhISkdKRTVFOTFCWIBaUFc4OVBJ50QxNC4u>

Volunteer Training Form: <https://activeminds.tfaforms.net/5021279>

Send Silence Packing® Our Story: <https://www.activeminds.org/about-us/our-story/>

For questions or accommodations, please contact Marian Edelbrock at medelbrock@sdccd.edu

Thank you for considering joining us to help out at any point in the day when you are available, and of course if you are not able to do so then please do walk through the Send Silence Packing event on April 24th.



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Canvas pages for Miramar Health Center:



Physical Care <https://sdccd.instructure.com/enroll/BBKDKY>

Mental Health <https://sdccd.instructure.com/enroll/8Y7966>

Black Lives Matter | PRIDE | Military Friendly | Dreamers Welcomed | AAPI Ally

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If you or someone you know needs help, call 1-800-273-8255 for the [National Suicide Prevention Lifeline](#) or call the [San Diego Access & Crisis Line](#) at 1-888-724-7240. You can also text HELLO to 741-741 for free, 24-hour support from the [Crisis Text Line](#) or [Veterans Crisis Line](#): Dial 988, then press 1

