

OCTOBER UPCOMING OBSERVANCES & EVENTS

OCTOBER

10

World Mental Health Day

Lived Experiences Heard: Real Voices, Real Change

Join the movement to promote mental well-being, reduce stigma, and uplift mental health support for everyone.

OCTOBER

21

Sacramento County Opioid and Methamphetamine Coalition Meeting

Time: 2pm-3:30pm

Register for Meeting



OCTOBER

23-31

RED RIBBON WEEK LIVING DRUG FREE



Celebrate Red Ribbon Week as we highlight substance use awareness and support prevention efforts throughout Sacramento County.



OCTOBER

24

National Drug Take Back Day

TURN IN UNNEEDED MEDICATION FOR SAFE DISPOSAL

Help make our communities safer and healthier by providing safe and convenient means of properly disposing of unneeded prescription medications.



Why is safe disposing important?

- To prevent the accidental or intentional misuse of unwanted medications.
- To prevent negative and toxic effects on our environment.
- To prevent others from contracting diseases and other adverse effects of needle sticks.

Visit the [DEA Take Back Day website](#) for additional resources.

Join the Sacramento County Behavioral Health Commission (BHC) Meetings

The meeting agendas are posted to the [Behavioral Health Commission Meetings webpage](#).



Safer Sacramento
www.safersacramento.com



Safer Sacramento provides educational multimedia resources to help youth, families, and community members make healthy choices, seek support, and reduce harm.



The Ripple Effect is a nine-part, award-winning documentary blog series that sheds light on the harrowing reality of the fentanyl crisis in the U.S. and its impact on Sacramento County in particular.

THE RIPPLE EFFECT





Safer Sacramento Youth www.safersacramentoyouth.com

Safer Sacramento Youth provides a welcoming, inclusive online space for all things related to mental health, well-being, and substance use.



SACCounty Healthy Beginnings www.sachealthybeginnings.com

SACCounty Healthy Beginnings is a program that focuses on supporting healthy pregnancies and preventing prenatal substance exposure through education, screening, and early intervention.

2026 TRAINING SCHEDULE - ONLINE EVENTS
[Learn more and register](#)



THERE IS HOPE. CHOOSE TREATMENT.
FOR YOUR BABY'S HEALTH - AND FOR A BRIGHTER FUTURE.



FREE Narcan®

To request free Narcan®, scan QR Code



Opioid Coalition Data Dashboard

LIVE dashboard that has information on Emergency Department visits and hospitalized cases suspecting opioid overdoses.

