

Parish Workshop: What You Should Know About Preventing Suicide

*The Lord is near to the brokenhearted
And saves those who are crushed in spirit.*

Psalm 34:18



Thursday, September 26 ■ 7:00 p.m.

You have a vital role in suicide prevention in your parish and your community. But where do you start?

How can we encourage our loved ones and fellow parishioners who are struggling with mental illness? What are the signs that someone may be contemplating suicide? What can we do when we notice these signs? Join us as we explore these challenges and offer guidance for you to assist those in need.

Led by a faith-based mental health professional, the workshop will provide an overview of how you can identify the warning signs of suicide and help direct the person at risk to the appropriate resources.

By learning how we can help those who may be struggling with mental illness or thoughts of suicide, we are giving witness to God's love and acceptance.

- Approximately 1 in 5 adults in the U.S. experience a mental illness in a give year.
- Suicide is the 10th leading cause of death in the U.S. and the 2nd leading cause of death for people aged 10-34.
- More than 90% of people who die by suicide show symptoms of a mental health condition.

Source: National Alliance on Mental Illness

Location: Higgins Hall, St. Thomas Room

ALL ARE WELCOME!



BayCare.org/BehavioralHealth