

Interfaith Mental Health Coalition Presents: Suicide Awareness and Intervention Training

Monday, May 6, 2019

7:00 – 8:30 p.m. in Inverness

Please join us!

WHEN:

Monday, May 6th, 2019
7:00- 8:30 p.m.

WHERE:

Holy Family Catholic Parish
2515 Palatine Road
Inverness

There will be a **free will offering** taken to support agencies providing suicide prevention services

For more information or to RSVP:

Sue Geegan
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Interfaith Mental Health Coalition NW Suburban Cluster Members:

Hugh Brady, NAMI, IMHC
Sue Geegan, Holy Family
Dave Penner, Prince of Peace
Rita Rippentrop, Stenzel Clinical, IMHC

Interfaith Mental Health Coalition
www.interfaithmhc.org

Suicide is a difficult topic for all of us. Our goal is to equip you to feel more confident in responding to those who are struggling with wanting to live, or those who have lost a loved one to suicide.

Statistics in America:

Every 15.2 minutes someone dies by suicide
Every 38 seconds suicide is attempted

Goals of this Training:

General awareness about suicide
Learn warning signs of suicidal thinking and behavior
Learn three basic intervention skills that can help avert the tragedy of suicide

“QPR: Question, Persuade, Refer”

Is for anyone in a position to recognize a crisis and warning signs that someone may be contemplating suicide

Like CPR or the Heimlich Maneuver:

fundamentals of QPR are easily learned

application of QPR may save a life

**Facilitator: Mandy Burbank, LCSW,
Certified QPR Trainer
Clinical Navigator,
Violence Prevention,
Amita Behavioral Medicine**

Mandy will facilitate the 80-minute training. You will go home with a resource booklet to assist you if and when you need to employ QPR.