



How to Help a Friend

Suicide Prevention
Training

Wednesday, September 23, 2020

1:00 pm - 2:00 pm

This is a Virtual Workshop for Youth 13+

The How to Help a Friend training focuses on recognizing the signs of stress, depression, and suicidal thinking.

Peers are often the first line of support when someone is struggling.

Youth 13+ are invited to join this training in order to:

- *recognize when a friend is in trouble*
- *learn how to help*
- *know where to find help*

For more information and to Register please visit:

<https://svcn-howtohelpafriend.eventbrite.com>



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