



Suicide Prevention Service of the Central Coast

LET'S TALK ABOUT IT

SUICIDE PREVENTION AWARENESS

YOUTH TRAINING



One-hour (60 minutes) | Available for free | Presented in Spanish and English



RESERVE A DAY AND TIME FOR YOUR SCHOOL, CLASSROOM OR YOUTH GROUP/ORGANIZATION



Monterey County



San Benito County



Santa Cruz County

Learning Objectives:

- Importance of discussing suicide and mental health
- Beliefs and attitudes regarding suicide
- Identifying warning signs for individuals at risk
- Self-care strategies and seeking help
- Providing support to someone at risk
- Locating and accessing relevant resources
- Understanding the process when contacting 9-8-8 (suicide prevention hotline)
- Addressing questions and providing answers



Family Service Agency of the Central Coast

SCAN THE CODE FOR MORE INFORMATION ABOUT THE PRESENTATIONS



SCAN

Attendance is free, thanks to our community partners' support



For registration information or if you have any questions, please reach out to us at sps24hr@fsa-cc.org