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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUICIDE PREVENTION

Webinar Series

What Causes Depression & Anxiety?

September 15
6:00-7:30pm

NAMI Ending the Silence & Teen Talk

September 24
4:00-5:30pm

Suicide Prevention Training

September 17
7:00-8:30pm

Embracing Adversity: Supporting Health Coping Strategies

September 28
12:00-1:30pm

Stigma & Misconceptions About Suicide

September 22
7:00-8:30pm

Continuing the Conversation Q&A Session

September 30
6:00-7:30pm



Join us throughout the month of September for our Suicide Prevention Webinar Series and learn how to see the warning signs, how to find help, and how to support people as they move towards **hope, recovery and survival.**

Webinars are free, registration required.

FOR MORE INFORMATION CONTACT:

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Y SOCIAL IMPACT CENTER
Mental Health Services
(206) 382-5340

**REGISTER ONLINE:
seattleyymca.org/prevent-suicide**