



# How to Help a Friend

## *Suicide prevention workshops with Samaritans*

Conversation and connectedness have roles to play in reducing the stigma associated with suicide and mental illness – a stigma can young people from discussing their feelings and challenges. This connectedness is especially important during tough times like the COVID-19 pandemic, when students may be more isolated and under new stresses. Before Samaritans' Community Education and Outreach team presents its "How to Help a Friend" workshop to your student, attend this parent session on suicide prevention, mental health and wellness, and starting these conversations with the young people in your life.

You will leave the workshop with skills and knowledge to better recognize when a student might be struggling, and how to best support young people during times of crisis. During the webinar, you will learn how to:

- Ask directly about suicidal intent and how to best support those in crisis
- Recognize warning signs and risk factors of suicide
- Find resources to help yourself or a loved one
- Manage stress and develop effective coping skills through discussion, safety planning, and self-care

**Please join Samaritans' for a Parent Session of our "How to Help a Friend" webinar on January 19, 2021 from 7-8pm**

For questions or additional information, email Kendra McDonald, Manager of Community Education and Outreach, at [KMcdonald@SamaritansHope.org](mailto:KMcdonald@SamaritansHope.org)



*The mission of Samaritans is to reduce the incidence of suicide by alleviating despair, isolation, distress and suicidal feelings among individuals in the community, 24 hours a day; to educate the public about suicide prevention; to help those who have lost a loved one to suicide; and to reduce the stigma associated with suicide. For more information, visit [www.samaritanshope.org](http://www.samaritanshope.org).*