

# It's Ok Not to Be Ok



*Suicide is a topic that many adults are uncomfortable speaking about, but through the news, social media and discussions with their friends, our children are hearing about it more and more. Without a trusted adult to talk to, children are left with questions and misinformation surrounding suicide and other mental health issues. This presentation is designed to give participants a better understanding about the dynamics around suicide and how best to keep our kids safe.*

*Presented by Adam Silberman, MD,  
Associate System Medical Director, Child & Adolescent Services,  
Behavioral Health*

**Tuesday, May 7, 6:00pm**

**Zoom Virtual Webinar**

Pre-registration is required.

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