

# Suicide Prevention



## *How to help someone in crisis*

*Pain isn't always obvious, but most suicidal people show some signs that they are thinking about suicide. If you see even one warning sign, step in or speak up. Take the time to learn what to do now, so you're ready to be there for a friend or loved one when it matters most.*

**This free workshop will address the following questions:**

- What are Suicide Warning Signs?***
- How can you assist someone in crisis?***
- Where is help available?***

**Workshop provided by Carla Fry, M.S., P.P.S.C.**

Please call 209-257-1980 x 102 for more information.

Please RSVP if you will need child care.

*Para información en Español, por favor llame al 209-257-1980 x 104.*

*This discussion is intended for informational purposes only and is not meant as medical advice or to replace consultation with a physician or mental health professional.*

### **Workshop Locations & Dates**

***Ione Family Resource Center***  
*23 B West Main St*  
*Ione, CA*  
*September 24, 2019*  
*2:00pm – 4:00pm*

***Upcountry Community Center***  
*19386 Hwy 88*  
*Pine Grove, CA*  
*September 25, 2019*  
*12:30pm – 2:30pm*

***Camanche Lake Community Center***  
*4240 Camanche Pkwy N.*  
*Ione, CA*  
*September 26, 2019*  
*12:00pm – 2:00pm*