

Dinner will be served

Q

Question, Persuade, Refer

P

R

A Suicide Prevention Training



All Community Members Welcome!

Question: There are several ways to ask if one is suicidal. You can begin by acknowledging the person's distress.



Persuade: Persuading someone not to end his or her life and to get help begins with the simple act of listening. Listening can be life saving. Listen first, then persuade.



Refer: The best referral is when you personally take the person you are worried about to a mental health provider or other appropriate professional.



When: Thursday

November 8th, 2018

5:30 - 7:30 pm

Where:

Yurok Tribal Office,
Weitchpec, CA 95546

Brought to you by United Indian Health Services' Ko'l Ho Koom' Mo Youth Suicide Prevention Project. For more information contact Eric Ruiz at eric.ruiz@crihb.org in Community Health & Wellness at (707) 825-5070 ex.4148.



Please RSVP celinda.gonzales@...
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