

Suicide Prevention Network presents...

KNOW THE SIGNS, FIND THE WORDS

Empowering yourself empowers others.

Together, we have the ability to create a more suicide safe community.

**WEDNESDAY,
JANUARY 25**

WHEN: 10:30-11:30 AM

**WHERE:
CARSON VALLEY
COMMUNITY
FOOD CLOSET**

Join us for a **free**
learning session on...

-Recognizing warning
signs for suicide

-Strategies to support
ourselves and others

-Ways to build
personal resilience

*Early recognition of mental health
symptoms is critically important
for overall health.*

FOR MORE INFORMATION, CONTACT

SUICIDE PREVENTION NETWORK: 775-783-1510

This session is sponsored with funding provided through the
Douglas County Community Grant.



**Suicide
Prevention
Network**

