

It's OK To Ask 4 Help!

Someone you know may be at risk. Learn how to get help.

Wed, Jan 14th, 6:30 PM

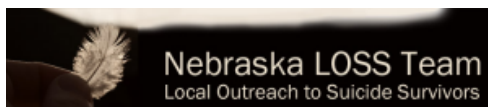
It's time to talk Suicide. A community conversation & training. *Yellow Ribbon Suicide Prevention Program* will be here to talk about postvention & prevention. One session will talk with YOUTH (middle & high school) and the other a separate presentation for ADULTS (parents, grandparents, 1st responders, educators, faith leaders, & other caring adults).

Presenting Partners will be available for questions and more information.

AT SHERIDAN LUTHERAN CHURCH
70TH & OLD CHENEY

Presenting Partners:

Various Lincoln Faith
Communities



MORE ABOUT THE EVENT ~

This is a community-wide event. In the recent past we have seen a rise in suicides, and attempted suicides in our community. A group of concerned adults and several organizations have gathered to host this important event. ALL are invited to join us **Wednesday, January 14th, 6:30 PM** at Sheridan Lutheran Church, (70th & Old Cheney Rd.).

We're bringing representatives from a variety of organizations to the table to host this community event and conversations. *Yellow Ribbon Suicide Prevention Program*, will be providing training in two separate sessions, one for youth and another for adults. *Yellow Ribbon* utilizes a unique community-based model that increases the competence and confidence of youth to recognize and respond to suicidal individuals.

For the Youth -

Ask 4 Help!® Youth Suicide Prevention Training is a peer based training that includes empowering the audience to learn to use this vital life skill. The presentations and trainings are built to increase help seeking behaviors and links between peers and caring adults.

For the Adults -

Yellow Ribbon's Be A Link!® Community Gatekeeper Training is a community friendly peer based, non-clinical training. It teaches simple, effective tools of help between those in need and help resources.

For the Everyone -

Representatives from each of the organizations on the front of the flyer will have a booth and staff/volunteers at the event. They will have resources, information and be available for questions and more following the two training sessions.

For more info -

If you need more information on this event please email any of the coordinating team members:

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