



DATE: September 30th

TIME: 7:30-8:30pm

LOCATION: ZOOM

COST: FREE

PRESENTED BY:



**American
Foundation
for Suicide
Prevention**

A Brief Introduction to Suicide Prevention

Suicide can be prevented. This presentation will cover what we know about this leading cause of death, the most up-to-date prevention, and what we can all do to fight suicide.

Participants will learn the common risk factors, how to spot warning signs in others, and how to keep ourselves, our loved ones, and our community safe.

Reservation required - email ascully@meadowlandsymca.org to register



STATE OF MIND

This is the first in a series of talks, seminars, and information sessions scheduled as a part of our new mental health initiative. **STATE OF MIND** is a new program from the Meadowlands YMCA to promote and normalize the mental health conversation. Check meadowlandsymca.org for more on this new program and our upcoming schedule.