



PLANO
Independent School District

Counseling Services

TALK SAVES LIVES **AMERICAN FOUNDATION** **FOR SUICIDE PREVENTION**

LEARNING OBJECTIVES

1

Scope of the Problem

The latest data on suicide in the U.S, and worldwide

2

Research

Info. on what causes people to consider suicide, & health, historical, and environmental factors that put individuals at risk

3

Prevention

An understanding of the protective factors, strategies for managing mental health & being proactive about self-care

4

What You Can Do

Guidance on warning signs & behaviors to look for. How to get help for someone in a suicidal crisis

Join us for a virtual presentation hosted by **American Foundation for Suicide Prevention**



September 21st, 2023



6:00pm - 7:00pm



Zoom Link

Meeting ID: 973 0015 7672
PW: 157992