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## **MEDIA RELEASE**

### **FOR IMMEDIATE RELEASE**

**CONTACT:** Adult Services  
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## **HOW TO TALK ABOUT SUICIDE**

AMES, IOWA – Representatives from Your Life Iowa will be giving a talk about ways we can seek help or help someone in need when dealing with the topic of suicide. The speakers will be presenting in the Library Auditorium on Thursday the 29<sup>th</sup> of September, from 7pm to 8:30pm. Join us in person or online via Zoom.

No one likes to have hard conversations, but sometimes having those conversations can save a life. Experts from Your Life Iowa will share tools for raising difficult topics like suicide, and resources for getting help for yourself or your loved ones.

*Presented in partnership with Ames Public Library and Your Life Iowa.*

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