



Training & Presentations Available from our Members

Many of these resources and classes/training can be scheduled specifically for your organization / group at a preferred date/time plus they are offered at regular intervals.

Train the Trainer & Spanish language options are available for some programs

- “Let’s Talk Suicide Prevention and Brain Health” – In person and Virtual
- “Talk Saves Lives” PowerPoint from AFSP (Multiple versions) – In person and Virtual
- Mental Health First Aid courses for adults working with Youth or Adults (each month)
 - Can also be scheduled for your organization at no cost –Virtual or in-person
- Mental Health First Aid Teen Program/Peer Groups for High School students
- AS+K Ask about Suicide to Save a Life Gatekeeper Training - Virtual
- QPR (Question, Persuade, Refer) - Virtual
- “Moral Injury” and other Veteran related presentations – In person and Virtual
- “Gizmo’s Pawesome Guide to Mental Health” for younger children, families and schools
- NAMI Programs (“Ending the Silence” for schools, peer and family support groups)
- Grant Halliburton Foundation Programs (School presentations, Help Line Referrals)
- The BrainHealth Project (free adult & youth versions self-paced on-line with coaching)
- Alzheimer’s and Cognitive Issues presentations
- ASIST Applied Suicide Intervention Skills Training – In person only
 - 2 Day interactive training sponsored by our eClub
- safeTALK (Half Day introductory version of ASIST) – In person only
- Human Trafficking Awareness presentations
- Retiree Specific Presentations
- Support for Survivors of Suicide Loss Grief Support Groups (In person and via Zoom)
 - 1st Thursday and 3rd Tuesday via Zoom
 - 2nd and 4th Wednesday in person (Dallas) and 2nd Tuesday in person (Richardson)
- Support Groups for Non-Suicide Loss (In person and via Zoom)
- Ending Child Abuse and Neglect presentations - Virtual
- Presentations addressing at risk groups
- Soul Shop (faith based presentation)
- Mental Health Support Group and Education (1CEU) 3rd Saturday Virtual St Luke UMC
- Substance Use presentations
- Self-Care, Mental Wellness and Resiliency presentations
- Conflict Resolution
- Use of Hypnosis in Mental/Brain Health
- Anonymous Mental Health Assessments offered by Mental Health America
- Individual Mental Health Assessments offered by additional organizations
- Eating Disorders Presentations

**Information about events, programs and training is updated on a regular basis. For more information, please contact us at spbhrotary@gmail.com or use QR code above.



Suicide Prevention and Brain Health Rotary eClub

is a **CAUSE** based Rotary eClub that meets at **7pm CST** on the **2nd & 4th Monday** of each month **via Zoom**.

PURPOSE OR “CAUSE” SUMMARY STATEMENT

Our purpose or “**CAUSE**” is to promote **Collaboration** **Advocacy & Awareness** **Understanding** **Support** **Encouragement, Education & Elimination of stigma** surrounding **Suicide Prevention & Postvention*** and **Brain / Mental Health and Wellness in All Forms**
(* *Postvention refers to support for survivors of suicide loss.*)

WE WELCOME YOU TO JOIN US AS GUESTS, VOLUNTEERS & MEMBERS!

Contact us at spbhrotary@gmail.com or go to www.spbhrotary.org to learn more

Started in Chicago in 1905, **ROTARY INTERNATIONAL** is a **service organization** with **over 37,000 clubs** and **1.4 million members**. There are **over 120 clubs** in the **North Texas** area. **Rotary’s motto** is **“Service Above Self.”** They began the fight to eradicate **Polio** in 1979. **Rotary** allows members to connect and form **lifelong meaningful relationships**. Members are welcomed to visit any **Rotary Club** in the world.

Mental Health is Brain Health which is Physical Health

We all have a brain...Therefore, we all have mental health

- We can exercise our brains like we exercise our muscles to optimize performance.
- Our brains can get better regardless of age.
- A Brain/Mental health condition is a physical condition just as diabetes or heart conditions are physical conditions
 - Affects and is affected by the chemistry in our body which is affected by our Diet, Sleep, Exercise, Stress due to life situations, Age, Brain development, Genetics, etc
- Talk about your brain/mental health like you would any other condition, ache or pain
- There is no one single cause for suicide
- We can each learn about risk factors and warning signs of mental/brain distress and suicide so we can ask the right questions to offer support and refer to appropriate professional help as needed. We often don’t recognize the warning signs in ourselves
- If you notice that someone is displaying signs of mental distress or warning signs of suicide
 - Start a conversation. Express caring and concern. Ask questions and listen nonjudgmentally. Help find appropriate resources and support as needed.
- It is OK to ask the question “Are you thinking about suicide?” If the answer is “yes,” contact the Crisis & Suicide Prevention Lifeline at “988” to receive guidance and direct assistance.

Scan to
Request Info



DIAL or TEXT the three digit number “988” to reach the National Crisis and Suicide Prevention Lifeline

Your call is directed to the closest call center based upon your phone area code. If the original call center lines are busy, your call is routed to the next available center. Original hotline numbers are also still active

If you or someone you know is in Crisis Call or Text “988”

Option “1” for Veteran Specific Crisis Line Option “2” Spanish Language Line

-----**Additional Options**-----

Or Call 1-800-273-8255 (TALK) Or Text TALK to 741741

1-800-799-4889 [TTY] 1-866-488-7386 [LGBTQ]

----- **International Numbers Found at** -----

https://en.wikipedia.org/wiki/List_of_suicide_crisis_lines