

Here are just some of the programs and presentations we offer free to the community:

- "Suicide Prevention and Brain Health" by Certified Presenters
- "Supporting Survivors of Suicide Loss"
- Mental Health First Aid Youth and Adults
- AS+K Suicide Gatekeeper Training
- QPR (Question, Persuade, Refer) Suicide Prevention Training
- ASIST Applied Suicide Intervention Skills Training
- "Moral Injury" and Veteran Programs
- "Gizmo's Pawesome Guide to Mental Health" for younger children
- At-Risk Group Presentations
- Grief Support Groups and Resources



If you or someone you know is in Crisis, Call or Text

988

Option "1" for Veterans
Option "2"
Spanish Language

Or Call 1-800-273-8255
(TALK)

Or Text TALK to 741741
1-800-799-4889 [TTY]
1-866-488-7386 [LGBTQ]



@suicidepreventionandbrainhealth

Serious about
Suicide Prevention
and Brain Health?



So are We, Join Us!

Rotary  Suicide Prevention and Brain Health eClub

Mental Health is Brain Health 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 any other condition, ache, or pain.

There is no single cause for suicide.



You are invited to make an impact in the world and join the Suicide Prevention and Brain Health Rotary eClub. Scan the QR code and fill out our form to receive our Resources Guide and learn more about our Rotary eClub.

**We meet every
2nd and 4th Monday via Zoom**

spbhrotary@gmail.com spbhrotary.org

Our purpose or **"CAUSE"** is to promote: **Collaboration, Advocacy and Awareness, Understanding, Support, Education, Encouragement, and Elimination of Stigma** Surrounding suicide prevention, postvention, brain/mental health, and wellness in all forms worldwide, starting with our local clubs and communities.

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 nonjudgmental.
- Help find appropriate resources and support as needed.

It is OK to ask, "Are you thinking about suicide?" If the answer is "yes," contact the Crisis & Suicide Prevention Lifeline for guidance and direct assistance at

988

