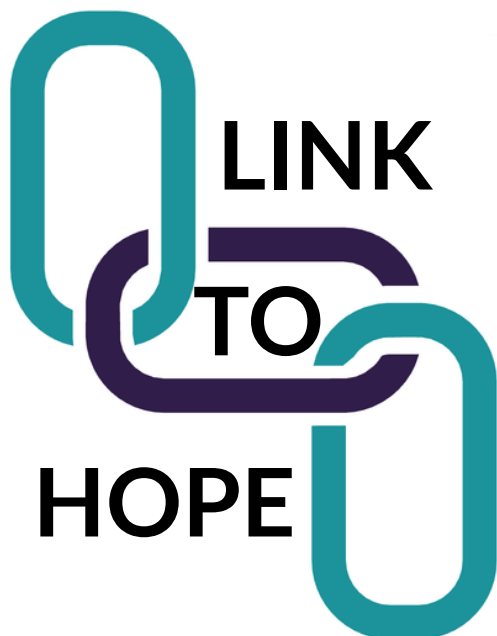




Office of
Mental Health



JOIN US FOR AN UPCOMING LINK TO HOPE TRAINING



Link to HOPE is a NYS Office of Mental Health' Suicide Prevention Center (SPCNY) training. It is a 90-minute skills-based workshop designed to equip community members and staff across a wide range of settings to recognize and respond to individuals who may be experiencing emotional distress or thoughts of suicide.

Drawing on the familiar concept of First Aid, the training helps participants understand how to notice when someone may be signaling the need for help, directly or indirectly, and how to approach and connect with them confidently and compassionately.

Participants learn how to ask openly and directly about suicide, what to do if the person responds "yes," and how to provide supportive assistance until additional resources can be introduced.

WORKSHOP OBJECTIVES

By the end of the training, participants will be able to:

- Recognize the ways in which a person thinking about suicide often invites help, either directly or indirectly
- Feel confident in approaching and connecting with that person to ask openly and directly about suicide
- Know what to do if they respond 'yes' to thinking about suicide
- Know how to support someone if they acknowledge that they are thinking about suicide

WHO SHOULD ATTEND?

Link to Hope is intended for anyone interested in helping to prevent suicide.



Thursday
September 24
6 - 7:30 PM



Community Library of
Dewitt & Jamesville
5110 Jamesville RD
Jamesville, NY 13078



REGISTER NOW