

Presentation/Discussion: best practices for supporting youth and adults around mental health and suicide prevention



Learn how to:

- actively listen in a way that emphasizes non-judgmental, compassionate listening
- recognize risk factors and warning signs of depression and suicidal thoughts
- identify resources to get help
- best support others during stressful times

May 6 2025
6-7:30 PM

**Where: Goodnow
Library Community
Room**

Many people are afraid to talk about suicide, but it is often a great relief to someone thinking about this that you have noticed their pain. You can be the first step towards help for someone you care about by recognizing warning signs and taking steps to make them feel heard. This presentation is open to all adults. Parents and guardians are encouraged to attend.

This informational talk is presented by **SAMARITANS** *who have provided lifesaving suicide prevention services in Massachusetts for the past 50 years.*

For questions, contact
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