

# Suicide Awareness and Prevention

## *An Awareness Session Focused on Youth*



This two-hour awareness session will bring attendees into compliance with the recent law (LD 609) that requires all Maine school employees to receive basic suicide prevention education. The program is designed to raise awareness about suicide risk factors and warning signs and to provide information on what steps to take if suicide is suspected. While focused on students and youth, the information and skills learned are appropriate for use with anyone who might be feeling suicidal, no matter what their age.

"Excellent class, great information, could have been twice as long."

Yes, this is about suicide prevention... but it's also about mental health! Learn some of the signs that a person is troubled and how you can make a difference. You'll also receive resources and materials produced by the Maine Suicide Prevention Program.

"Great delivery; Walter had a perfect balance of information and anecdotes."

Tuesday, September 20, 2016 , 6:30 — 8:30 p.m.

Guilford Methodist Church, Guilford

Course Sponsor: Abbot Village Press .....207 343-1842

.....<http://wboomsma.com/>

Thursday, October 13, 2016, 6:30 — 8:30 p.m.

Nokomis High School, Newport

Course Sponsor: RSU 19 Adult Education ..... 207 368-3290

.....<http://rsu19.maineadulted.org/>

Thursday, October 27, 2016, 3:30 p.m. — 5:30 p.m.

Guilford Methodist Church, Guilford

Course Sponsor: Abbot Village Press..... 207 343-1842

..... <http://wboomsma.com/>

*An after school session—teachers and students are encouraged to attend!*

Tuesday, November 8, 2016, 6:30 — 8:30 p.m.

Warsaw Elementary School, Pittsfield

Course Sponsor: MSAD 53 Adult Education ..... 207 487-5145

..... <http://msad53.mainedadulted.org>

Tuesday, November 15, 2016, 6:30 p.m. — 8:30 p.m.

Guilford Methodist Church, Guilford

Course Sponsor: Abbot Village Press..... 207 343-1842

..... <http://wboomsma.com/>

*There are many reasons why a person might experience the "holiday blues." Make this session part of your preparations.*

- 85% of participants either agreed or strongly agreed they feel more comfortable talking about suicide.
- 93% of participants either agreed or strongly agreed they feel more confident in their ability to recognize suicide warning signs and risk factors.
- 85% of participants feel better equipped to help someone who might seem suicidal.



Courses listed will be presented by Walter Boomsma who is Gatekeeper trained and a NAMI (National Alliance for Mental Illness) Certified Mental Health Specialist for Youth

and Adults. He is also an experienced educator and substitute elementary school teacher.

Maine Crisis Hotline 1-888-568-1112  
National Lifeline 1-800-273 TALK