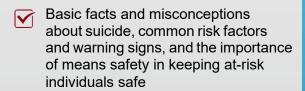


CALM Conversations

This 90-minute workshop is designed to provide friends, family, and others with information on how to recognize and respond to suicide risk. It also focuses on reducing access to lethal means, especially firearms. Participants learn how to talk with someone who may be having thoughts of suicide in a collaborative, nonjudgmental, and supportive manner.

Workshop participants will learn



How to ask about mood and suicide

How to provide support to at-risk individuals

How to make the environment safer for an at-risk individual until their mood improves



Date: Wednesday April 23, 2025 Time: 1:00 - 2:30pm Location:

> BVIU 147 Poplar Avenue Monaca, PA 15601

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REGISTER HERE

Visit our website at <u>calmamerica.org</u>.

Connect with us on LinkedIn at <u>linkedin.com/company/calm-counseling-on-access-to-lethal-means</u>.

Contact us at <u>calmamerica.org/contact-us</u> to set up training.