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MISSION To provide suicide prevention and awareness through intervention, education, and support services for all.

VISION To be a champion in decreasing suicide and its impact on our community.

GOAL To create a suicide-free community by eliminating the option of suicide as a solution for escaping depression, bullying, divorce, unemployment, mental illness, loneliness or other causes of hopelessness.

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Trainings and Presentations Offered

- Suicide Awareness & Prevention
- safeTALK / ASIST
- Mental Wellness / Resilience
- Customized for Your Group



REACH OUT ...

Prevention starts here!

Support Groups, Trainings, and Presentations are FREE OF CHARGE



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Our Location

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SUICIDE PREVENTION NETWORK

*when there is help,
there is hope*

**Depression is treatable
Suicide is preventable
Together we can build a more
resilient and suicide-safe community!**

What We Do ...

Suicide Loss Survivor Support Group

1st Thursday of the month

5:30 - 7:00 pm at SPN Office

Provides healing and support for people coping with the grief and complex emotions that follow the loss of a loved one to suicide.

PTSD Support Group

2nd and 4th Tuesday of the month

6:00 - 7:30 pm at SPN Office

Open to adults 18+ Each facilitated session includes time for sharing and focuses on healing using activities, coping skills and tools *to help you take that first step toward a more peaceful life ... one you deserve.*

Living Out Loud Teen Group

1st and 3rd Tuesday of the month

2:45 - 4:00 pm at SPN Office

Connect with peers and learn how to have a positive impact on your own life and your community. Develop a healthy self-image and build personal responsibility by increasing self-awareness, self-control, motivational and social skills. Build positive interpersonal relationships and learn how to recognize and respond to unhealthy influences and peer pressure.

Growth Through Change: Tools for Life

1st and 3rd Wednesday of the month

3:30-4:30 pm at Douglas County Community Center

Change isn't always easy. This peer-led program offers tangible tools to help navigate challenges that can come with the ups and downs of life's challenges.

What You Can Do ...

When someone you know appears suicidal, you may not be sure how to help or whether you should take talk of suicide seriously. Taking action is always the best choice. Learn the warning signs, what questions to ask, and how to get help. The first step is to find out whether the person is in danger of acting on suicidal thoughts.

Be sensitive, but ask direct questions::

- Do you ever feel like just giving up?
- Are you thinking about dying?
- Are you thinking about hurting yourself or someone else?
- Are you thinking about suicide?
- Do you have a plan to do it?
- Do you have the means to do it?

If you believe someone is in immediate danger of attempting suicide or has had previous suicide attempts:

- Do not leave the person alone.
- Try to find out if they are under the influence of alcohol or drugs or may have taken an overdose.
- Tell a family member or friend right away what is going on.
- If you think you can do so safely, take them to the nearest hospital emergency room yourself.

Warning Signs of Suicide

These signs may mean someone is at risk of suicide. Risk is greater if a behavior is new or has increased and if it seems related to a painful event, loss, or change.

- Talking about wanting to die or to end one's life
- Searching for different ways to end one's life
- Talking about feeling hopeless or having no reason to live; feeling like a burden.
- Talking about feeling trapped or in unbearable pain
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping or eating too little or too much
- Feeling withdrawn or isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings
- Being preoccupied with death
- Losing interest in things one cared about
- Visiting or calling people to say goodbye
- Making arrangements; setting one's affairs in order
- Giving things away, such as prized possessions

