

You are not alone. Not now. Not ever. Reach out.

PREVENTION STARTS HERE!

Suicide Loss Support Group (SLS)

1st Thursday of the month 5:30-7:00 pm at the SPN Office

Open to anyone 18+ who has lost a loved one or friend to suicide. You will find resources to help you deal with, and eventually heal from, the truly devastating loss you feel. Connecting with others going through a similar experience is a good way to work through difficult issues you are facing and move forward.

PTSD Support Group

2nd and 4th Tuesday of the month 6:00-7:30 pm at the SPN Office

*Open to anyone 18+ who has PTSD. Each facilitated session will include time for sharing and also **focus on healing** using activities, coping skills and tools to help you overcome PTSD and take that first step toward a more peaceful life ... one you deserve.*

Living Out Loud Teen Advocacy Group (High School students)

1st and 3rd Tuesday of the month 2:45-4:00 pm at SPN Office

Supports personal excellence and living your best life. 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's Changes

1st and 3rd Wednesday of the month 3:30-4:30 pm at Douglas County Community Center

Change is different for everyone, and change isn't always easy. This peer-led program offers tangible tools to help navigate the challenges that can come with these ups and downs of life.

We are a non-profit that offers education, training and presentations to service providers, educators, service clubs, health professionals, faith communities, local businesses, and community members to educate those who want to know more about suicide, the warning signs, and the health risks to our community.



Mental wellness begins with you!

SUICIDE PREVENTION NETWORK

1625 Highway 88, Suite 101
Minden, NV 89423 Tax ID: 73-1646702
775-783-1510 ~ www.spnawareness.org



Suicide & Crisis Lifeline
988
(New hotline number)
Call, Text or Chat