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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**



#### **Phone Number**

775-783-1510



#### **E-mail Address**

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Debbie Posnien, Exec. Director



#### **Our Location**

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[www.spnawareness.org](http://www.spnawareness.org)

Tax ID: 73-1646702



*If you are interested in donating to our non-profit agency, you can get more information on our website or you can select one of the options below.*



## **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 ...

## **Peer Support – Suicide Loss**

## **Survivor Group**

*1st Thursday of the month*

11:30 am - 1:00 pm at SPN Office

Come get connected with others in the community; to listen, share, and receive support from peers who are traveling a similar path. Open to 18+ Snacks and refreshments provided.

## ***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.

## **Growth Through Change:**

## **Tools for Life**

1st and 3rd Wednesday of the month

3:30-4:30 pm at the 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 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.



## 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



# Know the Signs