

HELP SAVE A LIFE: Presentation Schedule

Full Length Presentations: Library Meeting Room

2:15-2:45	Start the Conversation. End the Stigma
3:00-3:30	Social Media at Every Age
3:45-4:15	#Be There—Leave No One Behind: Veteran Suicide Prevention
4:30-5:15	Talk Saves Lives
5:30-6:00	Who to Call When
6:00-6:30	*Start the Conversation. End the Stigma
6:45-7:15	*Social Media at Every Age
7:30-8:00	*#Be There—Leave No One Behind: Veteran Suicide Prevention

(* indicates repeat presentation)

Table Talk Discussion Groups: First Floor Library

2:00-8:00 30-minute discussion group led by topic specialists. Each group repeats every half hour. Feel free to join any group at any time.

Table Talk Topics:

- I Know Someone Who Lost Someone to Suicide: What Should I say? What can I do? How can I take care of me and manage reactions?
- BEFORE a Loved One Becomes Suicidal. How you can intervene early.
- How Serious Is This? When Do I Call for Help? Hotlines, Help Lines, Crisis lines and 911.
- Support for Loss Survivors
- Safe Messaging Guidance for Schools and Parents After a Peer Loss
- #Be There—Leave No One Behind: Veteran Suicide Prevention
- Answers about Substance Abuse and Suicide
- Suicide and Bullying—What you need to know

Suicide Prevention Resource Information Tables: First Floor Library

Hosted by the Monmouth County Public Library, Eastern Branch, Shrewsbury, New Jersey

For more information contact the library: 732-683-8980 or 866-941-8188.

Full Length Presentation Descriptions:

START THE CONVERSATION. END THE STIGMA: Every year, 1 in 5 people will have a treatable mental health condition. Yet, most people do not seek help. Why? How do we end the stigma?

Susan Tellone, MSN, VP of Community Outreach and Education Programs, MHA-MC

SOCIAL MEDIA AT EVERY AGE: What You Need to Know about the Good, the Bad, and the Ugly. The amount of time we expend on social media has a lasting negative effect on us. In this fast pace tech world, we are bombarded with things that are not good for our social and emotional health. We have to learn how to protect ourselves and our children.

Phyllis Alongi, LPC. ACS. Clinical Director, The Society for the Prevention of Teen Suicide.

#BE THERE—LEAVE NO ONE BEHIND: VETERAN SUICIDE PREVENTION

Veterans Administration (VA) is asking for the entire nation's help in reducing veteran suicide. VA is calling on community leaders, supervisors, colleagues, friends and family members to Be There for Veterans and Service Centers. Key points covered: what a vet center is and the services provided, why vet centers are concerned, a brief overview of suicide in the veteran population, suicide myths and misinformation, and risk factors for veteran suicide.

Amy Swansiger, MSW, Readjustment Counselor; **Charles Wuth**, LCSW, Readjustment Counselor U.S. Department of Veterans Affairs, Lakewood Vet Center

TALK SAVES LIVES: Everyone one of us can help save a life.

Sometimes we're afraid to reach out because we worry that we might say or do the wrong thing. Or, we may not be sure where to go for help. *Talk Saves Lives* helps everyday people recognize risk factors and warning signs. It explains when and how to start the conversation and how to get help.

Mary Fowler, Program Director, Upstream Suicide Prevention Program, RWJBH Institute for Prevention and Recovery

- **WHO TO CALL WHEN: How and Where to Reach Out for Help When You Have a Question or Concern.**

When we are concerned about someone or need help for ourselves, knowing where to find the right help can be very confusing. Think of this talk as a GPS to get you through the confusing highways to help.

Heather Church-Soto, LCSW, Director of DCPD Services, Monmouth TLC Coordinator, Community YMCA