

ASK A QUESTION, SAVE A LIFE



Question (ask the right question to help)

Persuade (help them to get help)

Refer (knowledge of resources to help)

Become a gatekeeper for your family and friends

Offer hope through positive action

Make a difference by being aware of community resources

✓ SAMHSA's Evidence-based Programs and Practices

✓ Suicide Prevention Resource Center's Best Practices Registry

Question Persuade Refer

What you will learn:

- ✓ **Myths & Facts** review common beliefs and what we now know about suicide
- ✓ **Warning Signs** identify the full-range of warning signs, and where you can turn when professional help is needed
- ✓ **Discuss** a suicide death in your community safely without judgment



**Wednesday,
September 12
6:00pm—7:30pm**

**Los Gatos Library
100 Villa Avenue**

**For questions call:
(408) 885-3723**



COUNTY OF SANTA CLARA
Suicide Prevention