

KNOW THE SIGNS

Suicide is Preventable. Depression is Treatable.



Join us for an important conversation about how, *together*, we can be proactive in supporting our children and school community.

We'll discuss:

- How to **acknowledge** and recognize the warning signs.
- Learn what to do and how to **care** for someone who may need help.
- How to **tell**, reach out for help, and find available resources.

Hilltop High School Cafeteria

Tuesday, Dec. 10

8:00 a.m. & 6:00 p.m.

Presentation held in English (translated in Spanish)

Presented by:

Dr. Margaret Sedor

Sweetwater Union High School District



SouthbayCommunityServices.org | (619) 420-3620



HERE Now is funded by the County of San Diego and made available by San Diego Youth Services and its partners.

www.sdyouthservices.org

CONOCE LOS SINTOMAS

El suicidio es evitable. La depresión es tratable.



Acompáñanos a una platica importante acerca de como, "juntos", podemos impactar y apoyar a nuestros niños y la comunidad escolar.

Discutiremos:

- Como ver y reconocer las alertas y señales.
- Aprende que hacer y como cuidar a alguien que necesita ayuda.
- Como decir: "Busca ayuda" y encontrar los recursos disponibles.

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martes 10 de diciembre

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Presentación realizada en inglés
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Presentado por:

Dra. Margeret Sedor

Sweetwater Union High School District



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