

## **YOUTH SUICIDE PREVENTION PROGRAM**

*Free Webinar Training Sessions (1 training hour per module)*

### **Introduction to Youth Suicide Prevention:**

**Thursday, April 23rd 2009 --7:00 - 8:00pm**

With two completed suicides each week in Washington State, we all need to know more about how to prevent this tragedy. This class will review the myths and facts about youth suicide as well as the risk factors and warning signs. Three strategies for intervening with an at-risk youth will be briefly discussed along with resources for help.

### **Introduction to Understanding Self-Harm:**

**Tuesday, May 12th 2009--1:00 - 2:00pm**

More and more young people are engaged in cutting, burning and other self-harming behaviors; but why? When teens self-harm does that mean they are suicidal? This class will explore some of the reasons for the behavior and how parents, counselors and caregivers - of all kinds - can appropriately respond without reinforcing the behavior.

### **Coping with Adolescent Stress & Depression:**

**Friday, June 5th 2009 --10:30 - 11:30am**

What is stressing out our teens? How do we help them?

### **Introduction to Youth Suicide Prevention:**

**September 2009** *Date and time TBA –*

With two completed suicides each week in Washington State, we all need to know more about how to prevent this tragedy. This class will review the myths and facts about youth suicide as well as the risk factors and warning signs. Three strategies for intervening with an at-risk youth will be briefly discussed along with resources for help.

### **Introduction to Understanding Self-Harm:**

**October 2009** *Date and time TBA -*

More and more young people are engaged in cutting, burning and other self-harming behaviors; but why? When teens self-harm does that mean they are suicidal? This class will explore some of the reasons for the behavior and how parents, counselors and caregivers - of all kinds - can appropriately respond without reinforcing the behavior.

### **Coping with Adolescent Stress & Depression :**

**November 2009 -** *Date and time TBA –*

**What is stressing out our teens? How do we help them?**

For additional information, please contact:

Raquel Reyes at [raquel@yspp.org](mailto:raquel@yspp.org) or (206) 297-5922 x 114 or go to [www.yspp.org](http://www.yspp.org)