



## -----Keep Your Family Safe-----

## -----Be-A-Link®-----

Concerned about your daughter or son?

Do they have little interest in anything or seem irritable much of the time?

Are you worried they just don't seem like themselves?

**Myth**-talking about suicide increases the chances someone will take their life.

**Truth**-talking about suicide can relieve emotional pain and encourage help seeking behavior.

The San Diego Unified school district SPEAK (Suicide Prevention Education Awareness Knowledge) program invites you to attend a free presentation. Parents and friends come learn about becoming a Link to help our youth get to the help they need.

### Information that will be presented includes:

- **Warning signs**-personality change, withdrawing/isolating, reckless behavior
- **Risk factors**-depression, drug/alcohol use, relationship stress, bullying
- **AND Protective Factors**-social connectedness, cultural or religious beliefs

**SUICIDE IS PREVENTABLE!** *Parents are a powerful influence that can make a difference!*

✦ **WHEN: Thursday, October 11<sup>th</sup> at 5:00 PM**

✦ **WHERE: Point Loma High School, 2335 Chatsworth Blvd. (92106)**

**In the Performing Arts Center**

✦ Call the SPEAK office for more information, 619-523-0708