

SUICIDE AWARENESS AND PREVENTION: CREATING HOPE THROUGH ACTION

HOW CAN I HELP??

Join us for a forum of information, experiences, and prevention strategies, with an emphasis on Washtenaw County resources.

Topics will include:

- Strategies to connect, communicate, and care for loved ones of all ages
- The story of Garrett's Space, a non-medical residential space, in Ann Arbor, for young adults with mental health challenges
- Q&A session

NOVEMBER 17, 2024

11:30 AM - 1:00 PM
in the Chapel

St. Andrew's Episcopal Church
306 N. Division St., Ann Arbor
standrewsaa.org

GUEST SPEAKERS

SCOTT HALPERT



GARRETT'S SPACE
CO-FOUNDER

JULIE HALPERT



GARRETT'S SPACE
CO-FOUNDER

PEGGY GALIMBERTI



GARRETT'S SPACE
CLINICAL DIRECTOR

THE REV. PAUL FROLICK



ST. ANDREW'S
EPISCOPAL CHURCH

If you or anyone you know is contemplating suicide or having a mental health crisis, please **call or text 988** to get in touch with a trained counselor from the National Suicide Prevention Lifeline network.

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FACTS

-  Suicide impacts all people on the continuum of life, from youth to elders.
-  1 in 5 people have been affected by suicide in some way—survivor, family caregivers, friend, community.
-  You can make a difference. Learning how to connect and listen can save someone's life.

DID YOU KNOW?

The Suicide Awareness Ribbon is made up of both teal and purple, signifying hope and courage for those who have attempted suicide and remembrance for those who have lost their battle.

GET SUPPORT

988 Suicide and Crisis Lifeline



Call or text 988 for 24/7, free and confidential support. [988lifeline.org](https://www.988lifeline.org)

Caregiver Action Network (CAN)



Caregivers: Be heard. Get answers. Find support. [caregiveraction.org](https://www.caregiveraction.org)

National Alliance on



Mental Illness (NAMI)

The nation's leading voice on mental health. [nami.org](https://www.nami.org)

LOCAL RESOURCES

Garrett's Space



A non-medical residential space for young adults. [garrettsspace.org](https://www.garrettsspace.org)

Washtenaw Alive



Washtenaw County suicide prevention coalition. tinyurl.com/WashCoAlive

Washtenaw Community Mental



Health Crisis Support

24/7 phone and mobile crisis services for those with urgent needs. **734-544-3050**