

# UNLOCKING HOPE: Teen Suicide Distructor Training

Presented by the City of Naperville and community partners



**TUESDAY, APRIL 30, 2024**

**6 - 7:30 PM**

**NAPERVILLE CITY HALL , 400 S. EAGLE ST.**

## ARE YOU READY TO MAKE A LIFE-SAVING DIFFERENCE?

This training is designed to empower individuals to recognize the warning signs of suicide and provide crucial support to those in need. You learn skills to become a lifeline for someone who may be struggling, offering hope and help when they need it most.

## WHY TRAINING MATTERS

Every 40 seconds, someone loses their life to suicide. This devastating statistic reminds us that suicide is a pressing public health issue. This training teaches you how to:



### Identify Warning Signs:

Learn to recognize the signs and signals of someone in emotional distress or at risk of suicide.



### Connect to Resources:

Discover how to connect those in need with appropriate mental health resources and professionals.



**Engage with Empathy:** Gain valuable communication techniques to approach, listen to, and support individuals in crisis without judgment.



**Save Lives:** Your intervention can be the turning point in someone's life. By learning the skills needed to intervene, you become a beacon of hope.

## WHO SHOULD ATTEND?

Anyone who wants to make a positive impact. Specifically, we are looking for High School students to provide feedback to help us tailor this program for the Naperville student community in the future.

## JOIN US IN THE FIGHT AGAINST SUICIDE

Ready to be a part of the solution? This training offers the knowledge, tools, and confidence to intervene when it matters most. Together, we can save lives and spread hope.

## REGISTRATION

To register, call 630-420-6031, email [dumlerj@naperville.il.us](mailto:dumlerj@naperville.il.us) or scan QR code.



**MAKE A DIFFERENCE. SAVE A LIFE. CHOOSE HOPE.**

YOU'RE INVITED TO JOIN US