



YES TO LIFE!

2018 SUICIDE PREVENTION AWARENESS MONTH

FOCUS: RELATIONSHIPS

Sometimes people try to hurt us, sometimes we are lonely and sometimes we don't fit in, but remember there are people who care about us and will help.

We all have relationships with family and friends. Nurture your relationships with others, especially when approaching someone who is in crisis.

Say Yes To Life and do this:

- Take the individual seriously and offer your full attention
- Stay calm and in control of your own emotions
- Listen; show compassion and concern
- Be direct; speak carefully and slowly
- Be positive and reassuring
- Remove the means of suicide (pills, knife, gun) if safe to do so
- If you need further support please call 911 or the Crisis Line.

The Gila River Indian Community says YES TO LIFE!

YES TO LIFE was created to

- **UNITE** all districts to prevent suicide.
- **ENCOURAGE** everyone to learn how to identify warning signs.
- **PROMOTE** connection between people by helping those who may be in crisis.



Source: Suicide Prevention Policy and Intervention Protocol, Maine State Government

Gila River Indian Community Crisis Line 1-800-259-3449

Call 24 hours a day for immediate help.



National Suicide Prevention Awareness Month

September 2018

SUN	MON	TUE	WED	THR	FRI	SAT
						1 Glow Walk Kickoff Event Sacaton School 6:00 PM - 10:00 PM
2	3 Labor Day	4 Lunch & Learn: QPR Training D4 Service Center 12:30 PM - 1:30 PM	5	6 "Yes 2 Life!" Teen Workshop D2 Service Center 10:00 AM - 2:00 PM Trauma Informed Care Training Sacaton Head Start 9:00 AM or 1:00 PM (3 hours)	7	8
9	10	11 SafeTALK Training D3 Service Center 12:30 PM - 4:00 PM	12 Mental Health First Aid Training D6 Dialysis Center 8:30 AM - 5:00 PM District 2 Yes 2 Life Event 6:00 PM - 7:30 PM	13 "Yes 2 Life!" Gila Crossing Community School Workshop D7 Service Center 10:00 AM - 2:00 PM District 3 Yes 2 Life Event 6:00 PM - 8:00 PM	14 District 5 Yes 2 Life Event 5:00 PM - 8:00 PM	15
16	17	18 Family Equine Night D4 Service Center Park 5:30 PM - 8:00 PM	19 District 7 Yes 2 Life Event 6:00 PM - 8:00 PM	20 District 6 Yes 2 Life Event 6:00 PM - 8:00 PM	21 Native American Day	22
23	24	25 District 4 Yes 2 Life Event 6:00 PM - 8:00 PM	26 District 1 Yes 2 Life Event 6:00 PM - 8:00 PM Prenatal Trauma Training Sacaton Head Start 8:00 AM - 5:00 PM	27 Trauma Training: Creating Safety Sacaton Head Start 8:00 AM - 5:00 PM	28 Gila River Prevention Coalition Meeting D3 Dialysis Center 9:00 AM - 11:00 AM	29 Yes to Life Coalition Block Party District 6 Boys and Girls Club 6:00 PM - 8:00 PM
30	National Suicide Prevention Lifeline 1-800-273-8255					

SafeTALK (Suicide Education & Awareness) 4 Hours

This course helps participants recognize a person who may be having thoughts of suicide, and connect them with resources. Anyone age 15 and older is welcomed to learn the safeTALK steps.

CONTACT: BRYAN BENNETT (480) 868-7723

Applied Suicide Intervention Skills Training (ASIST) TWO DAY TRAINING

ASIST teaches participants to recognize when someone may be at risk of suicide and work with them to create a plan that will support their immediate safety.

CONTACT: ANNA PACHECO (520) 610-4919

COMMUNITY EDUCATION

The Prevention Program offers community education sessions on marijuana, alcohol, meth, tobacco, prescription drugs (Rx), suicide awareness and education, parenting skills, mental health awareness.

CONTACT: AYA GARTON (520) 610-4418

ACTIVE PARENTING CLASS

Each class is designed for discussions about important and empowering tools you can use when parenting. Participants will learn how to communicate, encourage cooperation and responsibility, discipline effectively, and explore ways of solving problems that may arise. Classes are offered for parents and guardians.

CONTACT: ANNA PACHECO (520) 610-4919

CONTACT: AYA GARTON (520) 610-4418

BABY SMARTS

Baby Smarts offers home visitation services, case management, and parent support groups for pregnancy to the age of 5.

CONTACT: (520) 562-3321 x7137

PREVENTION MONTHLY ACTIVITIES

For more information on events or activities that are scheduled for this month, please contact the BHS Prevention Program .

PHONE: (520) 562-3321 x7159

EMAIL: bhsprevention@grhc.org

Youth Mental Health First Aid (YMHFA) 8 HOURS

YMHFA is primarily designed for adults who interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and "non-crisis" situations.

CONTACT: ALICIA RAMIREZ (520) 610-1920

Mental Health First Aid (MHFA) 8 HOURS

MHFA introduces participants to risk factors and warning signs of mental health concerns, builds understanding of their impact, provide initial help; and connect the person in crisis to professional, peer supports as well as self-help resources.

CONTACT: ALICIA RAMIREZ (520) 610-1920