



Do you know that suicide is Preventable???

Pain Isn't Always Obvious

KNOW THE SIGNS

Suicide Is Preventable

Suicide Prevention 101
Tools You Can Use

Presented by
Tehama County Health Services Agency

Know the Signs >> Find the Words >> Reach Out >> www.SuicidelsPreventable.org

You can take a **FREE** one hour training to learn more!!



What will you learn?

- Warning signs
 - People at a higher risk
- How to talk to someone at risk
- How to provide support
- Local and national resources



But how do you sign up???

Go to the Eventbrite link below to register for an upcoming training:

<https://www.eventbrite.com/o/tehama-county-health-services-agency-10873122780>