

TAKING CARE OF OURSELVES & OTHERS

Suicide does not discriminate.

People of all races, ethnicities, genders, identities, orientations, abilities, ages, and classes can be at risk of suicidal thoughts and mental illness. According to the Health & Human Services Office of Minority Health, African Americans are 20% more likely to experience serious mental health problems than the general population. Unfortunately, many people struggle to reach out for help, in part because of the stigma associated with suicide and mental illness, which inhibits people from discussing their feelings.

It's time to break the silence! Join us at a virtual suicide prevention workshop offered by Samaritans. These conversations can be challenging, so we aim to provide a safe and supportive environment for discussion.

Topics covered during the workshop include:

- Suicide risk factors and warning signs
- Coping skills and resiliency building
- Facts, figures, and mythbusting
- Best practices for talking to and helping someone who may be suicidal
- Samaritans' and community resources

A collaboration between
Samaritans, InnoPsych, Inc. & Myrtle Baptist Church

Saturday, May 2, 2020
10:00 a.m. - 12:00 p.m.
Virtual Event

Register at www.InnoPsych.com/events
For questions, email Thrive@InnoPsych.com.

The Health & Wellness and Pastoral Counseling Ministries at [Myrtle Baptist Church](#) work together to promote a holistic approach to health that encourages an individual's physical, emotional, spiritual well-being in the context of their relationship to God, family, and community. We also seek to educate and empower our community about issues that promote emotional wellness and healing.

InnoPsych, Inc. is a web-based directory that features therapists and other mental health professionals of color across the U.S. InnoPsych makes it easier and faster for people of color to match with therapists of color who share a similar cultural heritage.

The mission of Samaritans is to reduce the incidence of suicide by alleviating despair, isolation, distress and suicidal feelings among individuals in the community, 24 hours a day; to educate the public about suicide prevention; to help those who have lost a loved one to suicide; and to reduce the stigma associated with suicide. For more information, visit www.samaritanshope.org.