

Lebanon County

SUICIDE PREVENTION MONTH

communityhealthcouncil.com/suicide

PLEASE JOIN US at any of the Lebanon County events throughout September in recognition of Suicide Prevention month. The month will include training, gatherings and a ceremony focused on the message that **"You Matter."** We will take special moments to remember the lives of loved ones and friends we have lost to suicide. **We hope to see you at one or several of these events.**

YOU MATTER EVENTS

Friday, September 6

Recovery Training for Professionals

Location: Lebanon County MH/ID/EI,
220 East Lehman Street, Lebanon

Time: 9 a.m.-4 p.m.

Register: Recovery Insight (877) 597-9497, ext. 10

First Friday Art Walk

Location: Lebanon Valley Council on the Arts
770 Cumberland Street, Lebanon

Time: 5-8 p.m.

Tuesday, September 10

Light A Candle

World Suicide Prevention Day
Light a candle near a window in support of World Suicide Prevention Day.

Time: 8 p.m.

Saturday, September 14

You Matter Event | Disney Pixar "Inside Out" Movie & Presentation

Location: Cleona Playground
S. Garfield Street, Cleona

Time: 4-6 p.m.

Sunday, September 15

BINGO Fundraiser

Location: St. Cecilia's Parish Center
750 State Drive, Lebanon

Time: Doors open at 11am, Bingo begins at 1pm
Tickets and flyer at website above

Tuesday, September 17

Youth Suicide Awareness Conference

Suicide is the third leading cause of death for 15-24 year-olds. Learn how to help those at risk. 6 CEUs available

Location: Church of the Good Shepherd
1500 Quentin Road, Lebanon

Time: 8 a.m.-3:30 p.m.

Registration and flyer at website above

Support suicide prevention efforts in Lebanon County by donating \$5 for a remembrance candle and \$10 for a **"YOU MATTER"** t-shirt. Available at all September events.

Tuesday, September 24

Mental Health First Aid – Adult Course

Learn how to spot the warning signs of suicide or other mental health crisis, and what to do next, in this free community class.

Location: WellSpan Philhaven Training Center
283 S. Butler Road, Mt. Gretna

Time: 8 a.m.-5 p.m.

Register: WellSpanPhilhaven.org/MHFA

September 24, 25, 26

WRAP Class

Develop your own **Wellness Recover Action Plan** with the assistance of caring certified WRAP facilitators.

Location: Lebanon County MH/ID/EI
220 East Lehman Street, Lebanon, PA

Time: 8:30-4:00 p.m.

Register: Recovery InSight (877) 597-9497, ext. 10
Must attend all 3 sessions.

Wednesday, September 25

QPR Suicide Prevention Training

Question, Persuade, Refer - three simple steps anyone can learn to help save a life from suicide.

Location: WellSpan Philhaven Training Center
283 S. Butler Road, Mt. Gretna

Time: 6-9 p.m.

Register: WellSpanPhilhaven.org/QPR

Thursday, September 26

Remembrance Ceremony

Join us for this special ceremony in the Remembrance Garden to honor those we have lost to suicide.

Location: The Nature Barn at Stoevers Dam,
946 Miller Street, Lebanon

Time: 6-7:30 p.m.

To have your loved one memorialized in the program and garden, please call (717) 274-3415.

Donations accepted to further the efforts of suicide prevention in Lebanon County.

