

Suicide Prevention

**** In an emergency, call 911 ****

National Suicide Prevention Lifeline
1-800-273-TALK
www.suicidepreventionlifeline.org/

Mental Health and Crisis Intervention:
Common Ground
1-800-231-1127
www.commongroundhelps.org

Suicide Awareness Resources:

Michigan Association for Suicide Prevention
www.masponweb.org

American Foundation for Suicide Prevention
www.afsp.org

KnowResolve.org
www.knowresolve.org

Additional Mental Health Resources:

Samaritan Counseling Services
248-474-4701
www.samaritancounselingmichigan.com

Affirmations
1-800-398-GAYS
www.goaffirmations.org

Community Network Services
800-615-0411
www.cnsmi.org

Note: This is not a comprehensive list of mental health resources available in Metropolitan Detroit and inclusion in this list does not imply endorsement by the Farmington Area Suicide Awareness Task Force. Please watch for additional programs on Suicide Awareness and Prevention. Join the [Farmington Area Suicide Awareness Group](#) on facebook.

Easter Seals Michigan
248-475-6400
www.mi.easterseals.com

It Gets Better Project
www.itgetsbetter.org



&



present...

Youth Depression & Suicide:

What Every Parent and Teen Must Know

October 24, 2011—7:00 pm

Farmington High School
32000 Shiawassee Street
Farmington, MI 48336



Sponsored by the Farmington Area PTA Council, Farmington High School PTSA and Farmington Public Schools with support from the Farmington Area Suicide Prevention Taskforce



You Can Make a Difference.

You Can Prevent a Tragedy.

Youth Depression & Suicide: What Every Parent and Teen Must Know

Introductions

Sue Zurvalec

Superintendent, Farmington Public Schools

Sheilah Clay

President, Farmington Public Schools Board of Education

Anna Cassar,

Farmington High School PTSA

Guest Speaker

Jeff Edwards

Chairman, American Foundation for Suicide Prevention

Concurrent Sessions

Adults

Panel Discussion (Auditorium)

Ryan Blackstock

Bob Crawford

Elizabeth Shaw Draves

Jeff Edwards

Bob Schulz

Students

Breaking the Myths & Speaking Out (Cafeteria)

Facilitators:

FHS PTSA Members

Farmington Hills Mayor's Youth Council

Sara Majoros

Liz Vertin

Closing—Auditorium

Warning Signs for Depression & Suicide

- Feeling Sad
- Change in Appetite
- Loss of interest in Activities
- Change in Sleeping Patterns
- Difficulty Concentrating
- Feeling Helpless and Hopeless
- Energy Loss or Fatigue
- Risk Taking Behavior
- Extreme Withdrawal from Friends & Family
- Giving Away Favorite Possessions
- Neglect in School Work
- Stomach Aches & Headaches

If your child is experiencing FIVE or more of these symptoms for more than a two week period, they may be suffering from depression...consult your physician **immediately!**

Special Thanks....

* Chase Edwards Memorial Foundation *
www.chaseedwardsmemorial.com

* Farmington Area Suicide Prevention Taskforce *

* Farmington High School Administration, Auditorium and Custodial Staff *

* FHS PTSA & Farmington Hills Mayor's Youth Council Student Leaders Priya Adusumilli, Kate Diehl, Lekha Mutyala, Prakash Pagadala, Shreya Raman, , Vivianna Rubles and Mrudhula Tankasala *

* Costco *

Please join us before and after the sessions for fellowship and information in the cafeteria and hallway.