

# Creating a Safety Net in Our Community

## Mental Health and Suicide Awareness Training

### Attendees will learn how to:

- Recognize someone who may be struggling with their mental health and/or having thoughts of suicide.
- Hold a safe and effective conversation with a person struggling with thoughts of suicide
- Learn to ask the question of suicide and connect individuals to people who can decrease their pain
- Learn about local and national resources available
- This presentation is open for youth (13 years and older), adults in their life and caring community

### SPEAKER:

Barb is the founder and Executive Director of the Barb Smith Suicide Resource and Response Network. For the past 33 years, she has dedicated her life to advocating for suicide prevention and aftercare both state and nationwide. She is the founder and facilitator of the local Survivors of Suicide support group and is a certified trainer for LivingWorks ASIST, safeTALK, and Suicide Awareness programs. Barb was appointed to the Governor's Suicide Prevention Commission co-authoring the State Suicide Prevention Plan and most recently she was honored with the Saving A Life Award from Kevin's Song and presented the award from NAMI Michigan Special Honoree.



For more information about the Network, visit: [www.srrn.net](http://www.srrn.net)

### Where:

Caro Middle/High School  
301 N. Hooper St.  
Caro, MI 48723

### When:

Wednesday, November 30, 2022  
6:30pm-7:30pm

### Who Should Attend:

Community Members,  
Students, Parents, Coaches,  
School Staff

**NO COST TO ATTEND**

### Questions or Concerns:

Jill Ball  
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Or

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