

# LEARN® SAVES LIVES

## SUICIDE PREVENTION TRAINING FOR PARENTS/CAREGIVERS

Followed by Q&A Session with Suicide Prevention Experts

APRIL 2ND, 2020  
10AM - 12PM (PST)

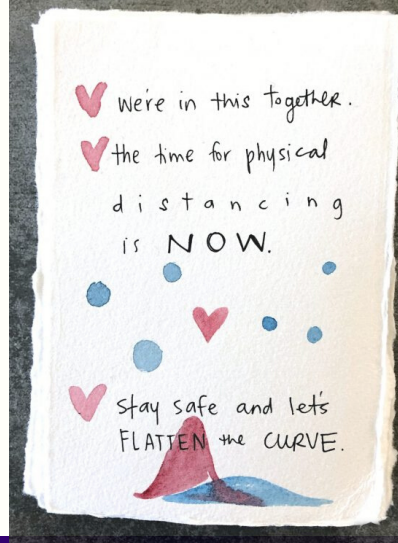
REGISTER HERE:  
[TINYURL.COM/VHQL4L6](https://tinyurl.com/vhql4l6)

*This the first webinar in The Well-Being Series: Connections during COVID-19, Mental Wellness for Families & Educators. More information about the full series coming soon.*

**Forefront Suicide Prevention Center's LEARN Saves Lives** webinar teaches essential skills for suicide prevention. Join us to learn how to:

- Make your home safer to prevent the risk of suicide
- Ask your kid about suicide in a safe way
- Recognize the signs of a mental health crisis and practical steps to address it

**We are bringing this training and Q & A directly to you in home, free of charge.**



*Thanks to Sam Bradd, Drawing for Change, for the use of his art.*

### WHY IT'S CRITICAL RIGHT NOW:

We're all adapting to a New Normal. Coronavirus has changed our jobs, our homes, our kids' schooling. And every parent is trying to adjust, to manage their changed work situation and changed home situation. We're all worried. None of us know what's coming next. **And nor do our kids.**

We know that suicide rates increase at times of stress, disconnection and loss of purpose, and our kids are experiencing all of these right now. So now, more than ever, it's critical for parents to understand the basics of suicide prevention.

### ABOUT OUR PRESENTERS

LEARN Saves Lives Suicide Prevention Training for Parents & Caregivers will be hosted by **Dr. Jennifer Stuber**, co-founder and Director of Forefront Suicide Prevention Center at University of Washington and **Dr. Chris DeCou**, All Patients Safe Fellow at Harborview Injury Prevention & Research Center.

