

**BE INFORMED. SPEAK UP. ACT.**

# IT CAN SAVE A LIFE.

## Suicide Prevention Service of the Central Coast

is hosting a series of training webinars that will cover:

- Facts and myths about suicide
- Suicide warning signs
- Healthy coping skills
- How to help yourself or someone else who is thinking about suicide
- Suicide prevention resources and lifelines

### **COMMUNITY TRAINING - ADULT**

Wednesday, September 9th, 2020  
3:30 - 5:00 P.M.

Click on link below to register:

[https://montereycty.zoom.us/webinar/register/WN\\_yg9HEiQURb0007E04wI8YQ](https://montereycty.zoom.us/webinar/register/WN_yg9HEiQURb0007E04wI8YQ)

### **TRAINING FOR SERVICE PROVIDERS**

Thursday, September 10th, 2020  
1:30 - 3:30 P.M.

Click on link below to register:

[https://montereycty.zoom.us/webinar/register/WN\\_QsVB0Ea1QTi3QX1eFO\\_ISg](https://montereycty.zoom.us/webinar/register/WN_QsVB0Ea1QTi3QX1eFO_ISg)

### **COMMUNITY TRAINING - YOUTH**

Thursday, September 17th, 2020  
4:00 - 6:00 P.M.

Click on link below to register:

[https://montereycty.zoom.us/webinar/register/WN\\_vbw77zT0QcSdsN45JY0gPg](https://montereycty.zoom.us/webinar/register/WN_vbw77zT0QcSdsN45JY0gPg)

- No cost to participate
- Registration is required
- Events will be live streamed on Monterey County Behavioral Health's Facebook page
- Spanish language interpretation will be provided through zoom webinar



MONTEREY COUNTY  
BEHAVIORAL HEALTH  
SALUD MENTAL

Avanzando Juntos Forward Together