

# Let's talk ... MENTAL HEALTH MATTERS

Join us for an engaging, virtual event to discuss suicide prevention in our community. Learn how to identify those who have thoughts of suicide and receive resources for helping others.

## SEPTEMBER 14, 5:30-6:30 PM

Click [HERE](#) to Register or Scan QR Code  
*Once registered a link will be emailed to you the day before the event.*



Help is a phone call away.

**SUICIDE**  
PREVENTION  
**LIFELINE**  
1-800-273-TALK (8255)



*Suicide is a serious public health concern. Over 40,000 lives are lost to suicide each year in the United States. It is the 2nd leading cause of death among individuals between the ages of 10-34. Knowing the warning signs and how to get help can save lives.*



## PRESENTERS

MATTHEW SILVERMAN  
**MSMF**  
MEMORIAL FOUNDATION

Candace Yoder  
Executive Director  
Matthew Silverman Memorial Foundation



Ariel Macon-Richard, LCSW, PPSC  
Clinical Counselor  
C.A.R.E.S. Program Supervisor

Lilly Damen, MSW, PPSC  
Clinical Counselor  
C.A.R.E.S. Program Supervisor