

Ninth District

PTA

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2nd Annual Suicide Prevention Symposium

The Hero in Each of Us: Finding Your Role in Suicide Prevention



**San Diego County
Suicide Prevention
Council**
Co-morbid by Community Health Improvement Partners



Directing Change
Program & Film Contest



COMMUNITY HEALTH
IMPROVEMENT PARTNERS
making a difference together



Saturday, October 12, 2019

8:30 a.m. - 3:30 p.m.

**Rady Children's Hospital-San Diego, Education Office Building (EOB)
7960 Birmingham Dr., San Diego, CA 92123**

The goal of the 2019 Suicide Prevention Symposium is to provide a county-wide forum for parents/guardians to learn, engage, and plan together to address the problem of youth suicide, with a focus on young people between ages 10 and 19.

Keynote Address by

Stan Collins, Suicide Prevention Specialist, Directing Change Program & Film Contest

Agenda at a Glance:

- The problem of youth suicide; statistics, signs and symptoms
- Suicide prevention including safe messaging and QPR skills training
- Family and parent roles in supporting and advocating for youth safety
 - Typical youth development, including the teen brain
 - Resilience building and coping strategy development
 - Action plan brainstorm and creation

Registration opens Sept 1, 2019.

Registration: <https://www.ninthdistrictpta.org/events/suicide-prevention-symposium-2019/>

Cost: \$20, includes all materials, coffee, water and boxed lunch.

Simultaneous Spanish Translation Available

Proceeds from this event go to support scholarships for the Rady Children's Hospital-San Diego Weekend Medical Academy - Mental Health Matters in Medicine.