

# **ZERO SUICIDES. IT IS POSSIBLE.**



## **SUICIDE PREVENTION TRAINING**

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Suicide is the 2nd leading cause of death in those ages 10 to 34 and the 10th leading cause of death overall in the United States. In recognition of Hamilton Center's 50th Anniversary, we are providing FREE suicide prevention training to any group interested. Training will utilize evidence-based curriculums - QPR (Question, Persuade, and Refer) for adults or SOS Signs of Suicide for children and adolescents. Suicide is preventable. Save a life, take the training.

[www.hamiltoncenter.org/communitytraining](http://www.hamiltoncenter.org/communitytraining)



## **24-HOUR CRISIS SERVICES**

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Hamilton Center has staff available 24 hours a day, 7 days a week for those experiencing a mental health crisis. Whether via phone or in person, we want to listen, we want to help, and we want to offer hope. In Vigo County, we are also available to go wherever the crisis is occurring: a home, a school, a park. No one should suffer in silence with suicidal thoughts.

**800.742.0787**

