

Did you know that suicide is the second leading cause of death for ages 15-34 in Iowa? (AFSP) Did you know that in 2016, 9.9% of sixth graders, 13.4% of 8th graders and 16.9% of 11th graders in Iowa reported to having seriously thought about suicide in the past 12 months? (Iowa Youth Survey, Iowa Dept. of Public Health)

If YOU want to make a change in these statistics, please join us for...



One More is TOO Many: Central Iowa Symposium on Youth Suicide Prevention and Mental Health

April 26, 2019

DMACC, Ankeny Campus Student Center, Building 5

8:00a.m. – 4:00 p.m.

This one-day symposium is open to all Central Iowa middle school, high school and college students, parents, and educators. Sessions will cover suicide prevention and youth mental health fundamentals, at-risk populations, community resources, and more. A keynote address by Brian Carico, Associate Principal at Ames High School, will focus on motivating schools to be proactive in building strategies for suicide prevention and postvention as well as overall mental wellness for students. Interactive panel discussions and breakout sessions will help participants develop an action plan for raising awareness and proactive prevention efforts in their own school and community environments. An exhibit area will feature local services and resources.

THIS PROGRAM IS FREE, FREE, FREE!

Free programs, free lunch, free t-shirt- it doesn't get any better than this! Seating is limited so register today at

<https://2019omitm.eventbrite.com>

Sponsored by the Polk County Suicide Prevention Coalition, DMACC and other caring community organizations.

If you have questions about this event, please contact Lu Ann Barnes at luann@adoptioniowa.com

This is not a school publication, nor is it in any way endorsed or sponsored by any school district. This publication is being provided only to inform you of other available community activities and opportunities.