Healthy Viking Initiative Presents

SIGALIII. SPEAKER

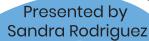
Shinning a LIGHT on Mental DARKNESS

February 25th | 12 PM - 2 PM | LAC - T1200

- How to be more comfortable reaching out for support.
- How to take personal responsibility by taking actions to improve their health, and the health of others.
- The skills needed to accessing and utilizing healthcare resources on campus and in the community.
- How to increase self-awareness, confidence and communication skills.



Didi Hirsch





Didi Hirsch: Suicide Prevention April 30th | 10 AM - 12 PM | LAC - T1200

Join us for an afternoon of empowerment and awareness. As suicide continues to affect our communities, reducing the shame and stigma surrounding mental health has become a necessity. Through conversation and engagement, this training will provide a better understanding of potential suicide risk factors, as well as resources and examples of how we can make a difference and support those around us who may be struggling.

How Storytelling is College Suicide Prevention 2.0

May 6th | 11:30 AM - 1:30 PM | PCC - GG238

- How to help themselves or a friend if in crisis or thinking about suicide,
- The signs and symptoms of suicide
- How and where to get professional help if in suicidal crisis
- Campus, local, and national resources of help in crisis
- The art and science of storytelling
- The importance of telling one's story
- How storytelling reduces stigma around asking for and receiving help



Appetizers will be served at events.





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DISTRIBUTION AUTHORIZATION Long Beach City College Office Of Student Affairs

If you require accommodations, please contact DSPS at least 72 hours prior to the event at (562) 938-4558 or (562) 938-4833 (TTY) or dsps-staff@lbcc.edu.

If you require sign language interpreting services. please contact Stephanie Bonales at sbonales@lbcc.edu or (562) 938-4918 at least seven days prior to the event