

YOUR TOMORROW MATTERS.



2017 SUICIDE PREVENTION WEEK

SATURDAY
SEPT
9

OUT OF THE DARKNESS WALK
12 PM | McCormick Park, 600 Cregg Lane

Join Missoula Mayor John Engen and KECI/NBC Montana news anchor Heidi Meili as they speak about the importance of suicide prevention in Missoula County and walk to raise awareness of suicide prevention. Visit afsp.org/missoula for more information.

MONDAY
SEPT
11

WALKING OUR WAY THROUGH GRIEF
4:45-6 PM | Tamarack Grief Resource Center, 405 S 1st Street W, Missoula
with Molly Murphy, TGRC Assistant Director and Survivor

Sometimes words fall short, yet trauma impacts our bodies. Let's walk about it! Join us for a casual stroll along the Clark Fork River. No registration necessary. Free and open to anyone grieving the death of a loved one. Youth must be signed in by a guardian, and children under 12 must be accompanied by an adult. Wear your walking shoes!

SUICIDE PREVENTION WEEK PROCLAMATION
7 PM | City Council Chambers, 140 W Pine, Missoula

Missoula Mayor John Engen will read the 2017 Suicide Prevention Week Proclamation during Missoula City Council's weekly meeting as part of City Council's support of suicide prevention.

TUESDAY
SEPT
12

ASIST DAY 1
8:30 AM - 5 PM | Missoula Federal Credit Union, 3600 Brooks Gary Clark & Spruce Rooms

Applied Suicide Intervention Skills Training (ASIST) is a two-day interactive workshop in suicide first aid. ASIST teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. Email nancy.berg@mso.umt.edu to learn more and register for this two-day training. Training continues 8:30 a.m.-5 p.m. on Sept. 13. \$140 fee.

CATCHING YOUR BREATH: TOOLS FOR GRIEF
6:30-7:45 PM | Tamarack Grief Resource Center, 405 S 1st Street W, Missoula
with Kim Parrow, TGRC Grief Specialist

The tension or edginess that can be present following trauma increases suffering. Take time to learn a few strategies to help bring moments of calm and breath into trying times.

WEDNESDAY
SEPT
13

FREE FILM: "CRISIS HOTLINE: VETERANS PRESS 1"
7 PM | Roxy Theater, 718 S Higgins

Award-winning documentary spotlighting the traumas endured by America's veterans, as seen through the work of the trained responders at the national Veterans Crisis Line [who provide immediate intervention and support in hopes of saving the lives of service members.]

THURSDAY
SEPT
14

FREE QPR CLASS
5 PM | Missoula Family YMCA, 3000 S Russell
Question. Persuade. Refer. Three steps anyone can learn to help prevent suicide.

FREE PERFORMANCE: "THE SUN AS MY WITNESS" BY KEVIN KICKING WOMAN
7 PM | Salvation Army, 355 S Russell

A powerful autobiographical play about childhood trauma and resilience in a Native American community, followed by panel & audience discussion.

FRIDAY
SEPT
15

FREE MORNING CONFERENCE, DR. BLAIR DAVISON
7:30 AM | Providence St. Patrick Hospital Conference Center, 500 W Broadway, Missoula

Free, and open to the public, one-hour presentation on suicide prevention by Missoula psychiatrist, Dr. Blair Davison.

DANCE OUT OF THE DARK
7:30-9:00 PM | Downtown Dance Collective, 121 W Main, Missoula
Free, and open to the public dance workshop.

Need confidential help now? Call for support:
SUICIDE PREVENTION LIFELINE: **1.800.273.TALK (8255)**

Help via Text Message: **TEXT "MT" TO 741-741**
Western Montana Mental Health Center **406.532.9700**
Urgent Mental Health Clinic **406.327.3034**



United Way of
Missoula County



**PROJECT
TOMORROW
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SUICIDE PREVENTION & EDUCATION

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