

Chautauqua County Suicide Prevention Week

Starting September 18th

Be The 1 To Reach Out a Hand

All events are
FREE
and open to
the public!

MONDAY
9/18

6pm-7pm **Chautauqua County Suicide Prevention Week Kick-off**

Chautauqua Mall, 318 E Fairmount Ave, Lakewood

Local partners discuss the importance of suicide awareness in Chautauqua County including events for the week, initiatives, available trainings, and supportive resources. Learn what is happening and how you can get involved!

7pm-8pm **"Your Story Doesn't End Here" Poetry Slam**

Mental Health Association in Chautauqua County, 31 Water St #7, Jamestown

Open mic! Come celebrate messages of hope, resilience, and help spread awareness about the importance of taking care of your mental health!

TUESDAY
9/19

12:30pm-1:30pm **"Tie-dye for Hope"**

Outside in Front Lawn (rain location: Gymnasium), SUNY JCC Dunkirk Campus

For current JCC students only: awareness t-shirt tie-dyeing station, paint for prevention station, hopeful messages station, local resources, and make your own trail mix. Please bring your own apparel to tie-dye, all other supplies will be provided. For more information, call Kayla Crosby at 338-1004

WEDNESDAY
9/20

12pm-1pm **"Tie-dye for Hope"**

Outside by the pond (rain location: Student Union), SUNY JCC Jamestown Campus

For current JCC students only: awareness t-shirt tie-dyeing station, paint for prevention station, hopeful messages station, local resources, and make your own trail mix. Please bring your own apparel to tie-dye, all other supplies will be provided. For more information, call Kayla Crosby at 338-1004

6pm-7:30pm **KIDX Club Rocks**

Chautauqua Mall 318, E Fairmount Ave, Lakewood (in front of JCPenney)

Anti-Bullying Rock Painting for kids ages 12 and under to celebrate positive messages and well-being. No registration is required, potential KIDX Members can sign up at the event.

6pm-8pm **"Paint for Prevention"**

The Resource Center, 186 Lakeshore Dr. W, Dunkirk

Young people and families are encouraged to attend this event to create their own masterpiece with a hopeful message. No prior painting experience needed. Supplies and snacks are included. Come paint with us! Space is limited to 40 painters. To register, email Cynthia at: cynthia.neu@resourcecenter.org

For more information contact Victoria Patti at (716) 753-4519 or pattiv@co.chautauqua.ny.us

Please follow the Community Alliance for Suicide Prevention Facebook event page

for an updated calendar of events.



Chautauqua County
Department of
Mental Hygiene



THURSDAY
9/21

10am-11am **Special Guest Speaker: Kevin Hines**

SUNY Fredonia, Williams Center , S204 ABC

Kevin Hines is a brain/mental health advocate, award-winning global speaker, bestselling author and documentary filmmaker who reaches audiences with his story of an unlikely survival and his strong will to live. Two years after he was diagnosed with bipolar disorder (19 years of age), he attempted to take his life by jumping from the Golden Gate Bridge. He is one of only thirty-four to survive the fall, and the only one to regain full physical mobility. He is the only Golden Gate Bridge jump survivor who is actively spreading the message of living mentally healthy. Find The Community Alliance for Suicide Prevention on Facebook and check the events tab for more information.

1pm-2pm **Recovery Luncheon** sponsored by the United Christian Advocacy Network (UCAN)

Mental Health Association in Chautauqua County, 31 Water St #7, Jamestown

Please join us to celebrate recovery, resiliency, and important milestones to you!! Lunch is provided with friendship and love. Local resources available.

2pm-3:30pm **"Tie-dye for Hope"**

Mental Health Association in Chautauqua County, 31 Water St #7, Jamestown

Create beautiful tie-dye creations for suicide awareness with friends at the MHA. Please bring your own apparel. All other supplies will be provided. Local resources available.

7pm-8pm **Special Guest Speaker: Kevin Hines**

SUNY JCC Scharmann Theatre , Jamestown Campus

Kevin Hines is a brain/mental health advocate, award-winning global speaker, bestselling author and documentary filmmaker who reaches audiences with his story of an unlikely survival and his strong will to live. Two years after he was diagnosed with bipolar disorder (19 years of age), he attempted to take his life by jumping from the Golden Gate Bridge. He is one of only thirty-four to survive the fall, and the only one to regain full physical mobility. He is the only Golden Gate Bridge jump survivor who is actively spreading the message of living mentally healthy. Find The Community Alliance for Suicide Prevention on Facebook and check the events tab for more information.

FRIDAY
9/22

11am-2pm **safeTALK Training**

Mental Health Association in Chautauqua County, 31 Water St #7, Jamestown

Suicide alertness for everyone training that prepares anyone over the age of 15, regardless of prior experience or training, to become a suicide-alert helper. Under 18 must be accompanied by a parent or guardian. Refreshments provided courtesy of the WNY Chapter of the American Foundation for Suicide Prevention. Space is limited. To register, call Victoria Patti at 753-4519

SATURDAY
9/23

10am **6th Annual Jamestown Out of the Darkness Walk**

Northwest Arena, 319 W Third St., Jamestown

The Out of the Darkness Walks are proof that when people work together they can make big changes in the world. They are AFSP's largest fundraiser – they produce millions for suicide prevention programs, unite those who have been affected by suicide, and create communities that are smart about mental health. To pre-register visit afsp.donordrive.com and search for Jamestown, NY. You can also register the day of the event from 8:30am-10am.

Those who come to the Chautauqua County Suicide Prevention Week events will have a chance to win a copy of *Cracked, Not Broken: Surviving and Thriving After a Suicide Attempt* by Kevin Hines and a Kevin Hines t-shirt.

Chautauqua County Crisis Hotline 1-800-724-0461
#BeThe1To