



# TAKING CARE OF YOURSELF & OTHERS

Community connectedness has a role to play in reducing the stigma associated with suicide and mental illness – a stigma which inhibits people from discussing their feelings and challenges. Break the silence and initiate conversation at an upcoming workshop on suicide prevention at Congregation Sha'aray Shalom, presented by Samaritans.

No matter who you are supporting, you will leave the workshop with the skills and knowledge to better understand the specific challenges facing a variety of groups, and how to best help someone who may be struggling.

Workshop topics include:

- Suicide risk factors and warning signs
- Coping skills and resiliency building
- Facts, figures, and myth-busting
- Best practices for talking to someone who may be suicidal
- Resources to help yourself or a loved one who may be struggling

**Sunday, January 27, 2019**

**9:00 a.m.**

**Congregation Sha'aray Shalom**

**1112 Main St.**

**Hingham, MA 02043**

*The mission of Samaritans is to reduce the incidence of suicide by alleviating despair, isolation, distress and suicidal feelings among individuals in the community, 24 hours a day; to educate the public about suicide prevention; to help those who have lost a loved one to suicide; and to reduce the stigma associated with suicide. Samaritans accomplishes this through services that emphasize confidential, nonjudgmental, and compassionate listening. For more information, visit [www.samaritanshope.org](http://www.samaritanshope.org).*