

SAVE THE DATE

**R.E.A.D.Y.**

**REAL EMERGENCY AID  
DEPENDS ON YOU**

# GREATER MAPLE VALLEY COMMUNITY PRESENTATION

BEHAVIORAL HEALTH • MENTAL HEALTH • SUICIDE PREVENTION

**A one-hour program which provides:**

Information about common behavior  
and mental health issues

Basic tools to assist someone having a mental  
health crisis until 911 responds

Major warning signs of teen mental health issues  
and five ways a teen might be asking for help

October 26, 2018 6:30 p.m.

Tahoma High School Performing Arts Center



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**The City of Maple Valley and the Tahoma School District are honored to be hosting this presentation of the R.E.A.D.Y.<sup>SM</sup> Program**

The one-hour program R.E.A.D.Y.<sup>SM</sup> (Real Emergency Aid Depends on You) was developed by the City of Auburn, in collaboration with health care professionals and counselors. The program provides information about common behavioral and mental health issues, basic practical skills to use in emergent situations, and bridging the gap until 911 response is on-site (if needed). The presentation of the program hosted by the City of Maple Valley and the Tahoma School District will also address teen suicide by talking about major warning signs of teen mental health issues and providing five ways a teen might be asking for help with a mental health challenge.

**Resources**

- National Alliance on Mental Health Issues South King County  
.....253-854-6264
- Nexus Youth and Families  
.....425-358-9451
- Sound Mental Health  
.....253-876-7600
- HealthPoint  
.....253-735-0166
- Friends of Youth  
.....425-844-9669
- Forefront Innovations  
.....206-543-1016
- Kent Youth and Family Services  
.....253-859-0300
- Crisis Connection (King County)  
.....1-866-427-4747
- National Suicide Prevention Hotline  
.....1-800-273-8255  
(text 838255)
- Teen Link  
.....1-866-833-6546

For further information about R.E.A.D.Y.<sup>SM</sup> or to schedule a presentation, contact Pat Bailey at pbailey@auburnwa.gov  
R.E.A.D.Y.<sup>SM</sup> is also available for viewing on YouTube  
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