

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

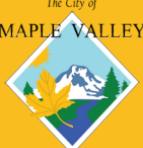
Basic tools to assist someone having a mental
health crisis until 911 responds

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

The City of
MAPLE VALLEY



R.E.A.D.Y.

NEXUS
YOUTH AND FAMILIES

TAHOMA
Future Ready Students

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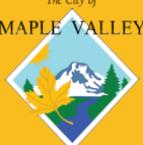
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The City of Maple Valley and the Tahoma School District are honored to be hosting this presentation of the R.E.A.D.Y.SM Program

The one-hour program R.E.A.D.Y.SM (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.SM or to schedule a presentation, contact Pat Bailey at pbailey@auburnwa.gov
R.E.A.D.Y.SM is also available for viewing on YouTube
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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.SM Program

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