

Please join DCCPTA and the American Foundation for Suicide Prevention on Thursday, October 15<sup>th</sup>, 6pm for “More Than Sad”. The American Foundation for Suicide Prevention (AFSP) developed More Than Sad to show young people, those close to them and parents what depression looks like in adolescents and how it can be treated. More Than Sad was designed to be used as an educational tool to achieve several specific goals:

- Educate high school students and other teens to recognize the signs and symptoms of depression in themselves and others.
- Convey the de-stigmatizing notion that depression is an illness that, just like any other medical illness, responds to specific treatments.

Participants will learn about teen depression and suicide risk, identify the warning signs and risk factors for suicide in teens, understand the role treatment plays in reducing risk and identify how to approach your child to talk about depression and suicide.

To sign up to attend on October 15<sup>th</sup>: <http://mtsoct15.attendease.com/>

