

In partnership with the **You Are Not Alone** Ministry at Fatima, we invite you to join us for a community-based presentation that covers the general scope of suicide, the research on prevention and what people can do to save lives.



American
Foundation
for Suicide
Prevention

Talk Saves Lives: An Introduction to Suicide Prevention is AFSP's flagship suicide prevention education program that covers the scope of this leading cause of death, what the research has found to be the warning signs and risk factors of suicide, and the strategies that prevent it.

Topics covered include:

- **Scope of the Problem:** The latest data on suicide in the U.S.
- **Research:** Information from research on what causes people to consider suicide, how certain communities are impacted by suicide differently, as well as contributors to suicide risk
- **Prevention:** An understanding of the protective factors that lower suicide risk, and strategies for managing mental health and being proactive about self-care
- **What You Can Do:** Guidance on warning signs and behaviors to look for, how to start a conversation with someone you are concerned about, and ways to seek and offer support and crisis resources for yourself or others

Monday, May 12, 2025

6:30pm - 8pm

Our Lady of Fatima Retreat House

5353 E. 56th Street,
Indianapolis, IN 46226

Hosted in the month of May, which is **Mental Health Awareness Month**, this evening will feature the **Talk Saves Lives** program presented by Christine Turo-Shields, LCSW, EMDR Certified and Indiana State Board Member for AFSP. Additionally, Fr. Jim Farrell will offer spiritual and faith perspectives and reflections on this subject. Both Christine and Fr. Jim are contributing team members for the **You Are Not Alone** Ministry for survivors of suicide loss at Fatima.

The evening will conclude with an opportunity to connect with others and building community while enjoying some light snacks and beverages.

There is no cost to attend this evening, however registration is required.

Please visit this site to complete your registration:

<https://afspindianatslmay12.attendase.com/>

For questions about this program, please contact Jennifer Burger, Program Manager at Our Lady of Fatima Retreat House: jburger@archindy.org; 317-545-7681



5353 East 56th Street Indianapolis, IN 46226 | (317) 545-7681 | www.archindy.org/fatima