

Millcreek/Holladay Community Hosts ‘Talk Saves Lives’ Suicide Prevention Event Wednesday, May 3 at 7:00 pm

April 21, 2017, Salt Lake City, Utah – In the wake of several local teen suicides, and in an effort to raise awareness of suicide prevention, concerned parents from Millcreek and Holladay have partnered with the American Foundation for Suicide Prevention to host a community-based presentation, Talk Saves Lives. The free suicide prevention event will happen Wed., May 3rd at 7:00 pm at Olympus High School located at 4055 S. 2300 E.

Intended primarily for teenage and adult audiences, the 45-minute evidence-based presentation will cover the general scope of suicide and the research on prevention. Attendees will learn the risk and warning signs of suicide and what they can do to prevent it. Certified instructors will lead the presentation and discuss coping skills and practical tips for helping those at risk get the care they need. Resources from the mental health community will be at tables to offer additional support.

“Our community has experienced a huge loss and shock as a result of the recent suicides and attempted suicides,” says parent and event organizer Sara Begley. “We are a strong and resourceful community and it’s time for us to come together, educate ourselves about suicide prevention, and become part of the solution. We need your support for this event to be successful, please invite your friends, neighbors and loved ones.”

Join community members before the event for dinner and mingling; food trucks will be onsite at 6pm for those interested.

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About American Foundation for Suicide Prevention: Established in 1987, the American Foundation for Suicide Prevention (AFSP) is a voluntary health organization that gives those affected by suicide a nationwide community empowered by research, education and advocacy to take action against this leading cause of death. www.afsp.org

About the organizers: Nichole Gunther of Holladay and Sara Begley of Millcreek are community members brought together by their shared concern about the recent surge in teen suicides. They believe that lives change for the better when people *connect* and *communicate*. The Talk Saves Lives event is their effort to make positive change in the community and provide resources and education for those at risk of suicide and their loved ones.

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