



2nd Annual Suicide Prevention Symposium

The Hero in Each of Us: Finding Your Role in Suicide Prevention



**San Diego County
Suicide Prevention
Council**
Co-manned by Community Health Improvement Partners



Directing Change
Program & Film Contest



**COMMUNITY HEALTH
IMPROVEMENT PARTNERS**
making a difference together



SAVE THE DATE:
Saturday, October 12, 2019
8:30 a.m. - 3:30 p.m.
Rady Children's Hospital-San Diego, Education Office Building (EOB)
7960 Birmingham Dr. San Diego, CA 92123

The goal of the 2019 Suicide Prevention Symposium is to provide a county-wide forum for parents and guardians to learn, engage and plan together to address the problem of youth suicide, specifically focused on young people between ages 10 and 19.

Keynote Address by:

Stan Collins, Suicide Prevention Specialist, Directing Change Program & Film Contest

Agenda at a Glance:

Lectures, interactive discussions and workshops presented by leading experts in suicide prevention, school policy and wellness advocacy from throughout San Diego County.

- The problem of youth suicide; statistics, signs and symptoms
- Suicide prevention including safe messaging and QPR skills training
- Family and parent roles in supporting and advocating for youth safety
 - Typical youth development, especially the teen brain
 - Resilience building and coping strategy development
 - Action plan brainstorm and creation

Simultaneous Spanish Translation Available

*Agenda and speakers can change without advance notice

