

## Know the Signs Virtual Presentation



*Though warning signs are subtle, they are there. By recognizing these signs, knowing how to start a conversation & where to turn for help you have the power to make a difference, the power to save a life.*

**Course Information:** Know the Signs is a statewide suicide prevention social marketing campaign built on three key messages: Know the signs. Find the words. Reach out. This campaign is intended to educate Californians how to recognize the warning signs of suicide, how to find the words to have a direct conversation with someone in crisis and where to find professional help and resources. Presentation is 90 minutes.

**Topics Discussed:**

- Warning Signs
- Risk Factors
- Resources
- How to Talk About Suicide

**For dates and availability, e-mail [PEI@ruhealth.org](mailto:PEI@ruhealth.org)  
or call (951) 955-3448**

*This presentation has a max capacity of 30 participants per presentation.*

*\*Zoom link will be provided after registration form is received.*