



# Suicide Talk;

A Conversation to Create Awareness

*Presented by:*

***Lori A. Hoffner***

*Speaker ~ Trainer ~ Consultant*



Supporting CommUnity

[www.SupportingCommUnity.com](http://www.SupportingCommUnity.com)

[Lori@SupportingCommUnity.com](mailto:Lori@SupportingCommUnity.com)

*Phone ~ 720-353-2863*



**Linked in**





# Warning signs are invitations; How will you RSVP?

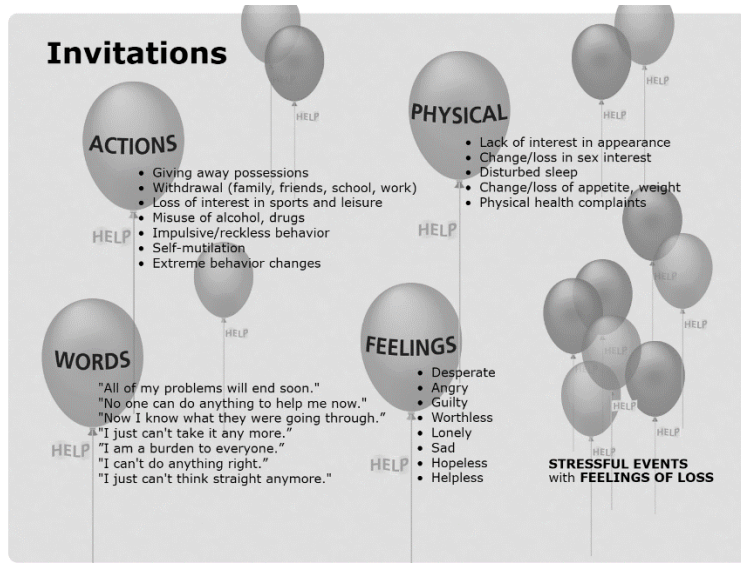
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## Asking the question of suicide:

- Clear and direct
- Reduces risk
- Provides permission to answer honestly

When someone is [INVITATIONS], they are sometimes thinking about suicide. Are you thinking about suicide?

## Coping Skills:

Coping skills are methods a person uses to deal with stressful situations. Obtaining and maintaining good coping skills does take practice. However, utilizing these skills becomes easier over time. Most importantly, good coping skills make for good mental health wellness.

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## Exercise and Mental Health

[https://neurosciencenews.com/exercise-mental-health-14069/?fbclid=IwAR15QI4T36kkyIP4Er6Tpa9mO18fdApC3zUaCm2sJyIV\\_itND6I7t-duijk](https://neurosciencenews.com/exercise-mental-health-14069/?fbclid=IwAR15QI4T36kkyIP4Er6Tpa9mO18fdApC3zUaCm2sJyIV_itND6I7t-duijk)

<http://challengethestorm.org/the-mental-health-benefits-of-spending-time-outdoors/>

### Resources:

Lesbian Gay Bisexual Transgender or Questioning Youth (LGBTQ) call  
The Trevor Hotline toll-free 1-866-488-7386  
Trevor Project - Text START to 678678

<https://www.sprc.org/states/florida>

<https://fisponline.org/programs/education/info-links/>

### Your top 3

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National text line  
Text TALK 741741

**THANK YOU FOR WHAT YOU DO!**

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