

**THERE IS HOPE  
THERE IS HELP  
FOR YOU AND FOR OTHERS  
SUICIDE PREVENTION COALITION OF ROCKLAND**

# **SEPTEMBER IS SUICIDE PREVENTION AWARENESS MONTH**

The loss of a life by suicide is a tragedy and the impact is felt throughout one's family and community. Predicting suicide is a difficult process because there is no clear cause - & - effect path. Learn some important lessons about the balance between risk factors, that can lead someone to think about self-harm, and the protective factors that can help someone stay safe.



845-517-0400  
www.RocklandHelp.org

**Need to talk?**

We've got time to listen  
Text "Got5" to 741741 to start a conversation

CRISIS TEXT LINE |

Free, 24/7, Confidential Crisis Support

**September 6 - 27, 2019  
come and see the  
wonderful poster  
project designed by  
RCC students on the  
first floor of the  
Library**

**Learn what you can  
do to save a life**

**September 17, 2019  
from 6:00-7:00 pm  
Attend a free lecture  
and discussion  
about Suicide  
Prevention.  
See registration  
information below**

**#BeThe1To.com**

## **FINKELSTEIN MEMORIAL LIBRARY**

24 Chestnut Street  
Spring Valley, NY 10977  
845-352-5700 ext. 244

[www.finkelsteinlibrary.org](http://www.finkelsteinlibrary.org)

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6:00-7:00 PM