

# You are not alone. Not now. Not ever. Reach out. PREVENTION STARTS HERE!

## Suicide Loss Support Group (SLS)

1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month 6:00-7:30 pm at the SPN Office

*Open to anyone 18+ who has lost a loved one or friend to suicide. You will find resources to help deal with, and eventually heal from, the truly devastating loss you feel. Connecting with others going through a similar experience is a good way to work through difficult issues you are facing and move forward.*

## PTSD Support Group

2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month 6:00-7:30 pm at the SPN Office

*Open to anyone 18+ older who has PTSD. Each facilitated session will include time for sharing and also **focus on healing** using activities, coping skills and tools to help you overcome PTSD and take that first step toward a more peaceful life...one you deserve.*

## Growth Through Change: Tools for Life's Changes

1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month 3:30-4:30 pm at Douglas County Community Center

*Change is different for everyone, and change isn't always easy. This peer-led program offers tangible tools to help navigate the challenges that can come with these ups and downs of life.*

We offer training and presentations to service providers, service clubs, educators, health professionals, community members and faith communities to educate those who want to know more about suicide, the health risks to our community and warning signs.

*Mental wellness  
begins with you!*



**SUICIDE PREVENTION NETWORK**

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Minden, NV 89423

[www.spnawareness.org](http://www.spnawareness.org) • 775.783.1510

**Suicide & Crisis Lifeline**

**988** (New hotline number)  
Call, Text or Chat

Tax ID:  
73-1646702