

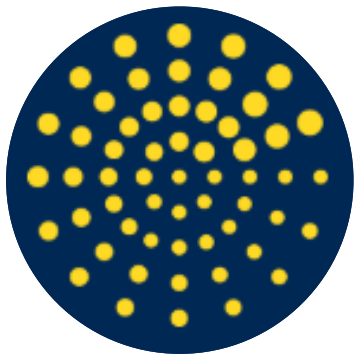
We provide services at **NO COST** in Essex, Passaic, Morris, and Sussex Counties. We come to you, within your community!

Gizmo's Pawesome Guide to Mental Health

This children's book takes an upstream approach to support the mental health and wellness of elementary age youth through Gizmo's friendly messaging by:

1. Introducing the concept of mental health.
2. Sharing how one may care for their own mental health daily.
3. Identifying when one's mental health needs attention and how to use healthy coping strategies.
4. Defining trusted adults and how to connect with them.
5. Making a personalized mental health plan that can be used daily.

Audience: 3rd and 4th Grade Students



SOS Signs of Suicide

SOS is a universal school-based prevention program that teaches students in grades 6-12 how to identify the signs of depression and suicide in themselves and their peers.

Through a video, guided discussion, and brief screening for depression, students are encouraged to ACT (Acknowledge, Care, Tell) when worried about themselves or a friend.

This evidence-based student training takes just one class period and has shown a 64% reduction in self-reported suicide attempts.

Audience: 6th to 12th Grade Students



Mental Health and Wellness Presentations and Workshops

Presentations: Mental health related and suicide prevention presentations are tailored with you in mind. Topics can include (*but are not limited to*): an overview of mental health and mental illness, suicide prevention, how to talk about suicide, stress management, communication, wellness and self-care, understanding mindfulness, grief and loss, etc.

Workshops: These workshops help anyone from elementary age students to older adults increase their self-awareness, build coping skills, and express themselves while engaging in brief mindfulness and art-based activities. It can be used for team building, raising mental health awareness, and self-care groups in your community.

Audience: from 5th Grade Students, Teens, Adults, to Older Adults



Mental Health Players

Mental Health Players consists of volunteers who educate audiences through interactive role-plays to address important issues such as stigma, social, emotional and relationship concerns, drug/alcohol use, and mental illness.

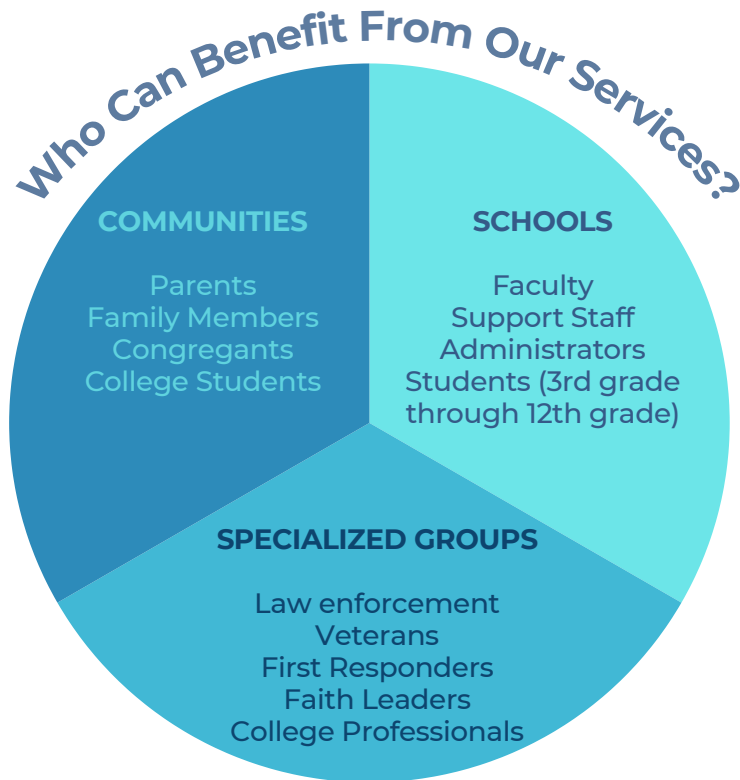
Role-play is an effective way to engage and encourage audience interaction. Performances last 45 minutes, consisting of 2 role-plays, and can be scheduled during the day or evening.

Audience: Teens, Adults, Older Adults

SUICIDE PREVENTION SERVICES MENU

The Suicide Prevention team's goal is to spread awareness on suicide prevention by offering educational presentations and time-limited trainings for the purpose of providing the community with a greater knowledge of mental illness, treatment options, and skills.

We tailor our presentations and workshops to your community needs!



We also offer support through our non-crisis warmline, run by peers, supervised by clinicians!

Need to talk?

Teen Connect

Ages 13 - 24

Call or Text
Monday - Friday
5pm - 10pm

1-888-866-6054
 1-973-791-5700

Peer-to-Peer Support

Ages 25+

Call

Monday - Friday 11am - 2pm
1-877-760-4987

365 days a year 5pm - 10pm
1-866-445-3902
1-800-381-2059
1-877-760-4987

If you are in crisis, please call the Suicide & Crisis Lifeline at **988** or contact the Crisis Text Line by texting **TALK to 741741**