

DEPRESSION & SUICIDE

MAY 4, 2019 | 1-4 PM

TUALATIN'S WINONA GRANGE
8340 SW SENECA ST. (ON THE COMMONS)
PROGRAM IS NOT ADA ACCESSIBLE

You are invited to a discussion of depression, suicide prevention and mental health.

FIND HOPE



From Depression to Hope

ASHA International Storyteller Bekah Miles will give hope by telling her story of depression, sharing on social media, and her anagram tattoo. ASHA means "hope" in Sanskrit.

Where to Find Hope

A panel of experts from Washington County Department of Health and Human Services, Mental Health Response Team, and Sheriff's Office, as well as Women's Health Care Associates and school district will address issues such as what to expect if a family member or friend is suffering from mental illness.

Suicide Prevention is Everyone's Business

Joe Bertagnolli, LCSW, VA Portland Health Care System, will cover warning signs, how to ask the question, and what you can do to help someone at risk.

FREE

Questions?

Email master@winonagrante271.org
call 503-430-8582

SPONSORS



TUALATIN'S WINONA GRANGE #271

TUALATIN UNITED METHODIST WOMEN

Resource Tables

Take away tips on a variety of products and services will be available during a reception following the program.