



**Sunday, May 21st @ 4-7 pm**  
**Lyme School Community Room**



# **Mental Health & Suicide:** *A Community Conversation*

**Learn from mental health professionals:**

- Why we need to talk about it
- The breadth of the problem in NH & VT
- The signs that can help save a life
- Resources for support including 988
- Participate in a guided Q&A



*\*\*This program will NOT act as a support group or provide clinical services.\*\**



**American  
Foundation  
for Suicide  
Prevention**



**Questions? Contact:**

**603-795-0603 / [mentalhealth@cclyme.org](mailto:mentalhealth@cclyme.org)**