

**DAKOTA HIGH SCHOOL
PRESENTS
FAMILY NIGHT OUT**



**Depression/Anxiety &
Suicide Prevention 101**

- **Review symptoms** of depression and anxiety
- Discuss **when to seek out** professional help
- Make an **action plan** for self-care
- Learn the **warning signs of suicide**
- Practice **how to ask someone** if they are thinking about suicide
- Learn **what to do** if someone is suicidal
- Explore **local resources** for mental health

**Monday, February 29, 2016
6:30 – 8:30pm**

Dakota High School Atrium

21051 21 Mile Road (Enter through North Doors)

FREE DINNER served at 6:30pm

RSVP to slange@cvs.k12.mi.us or

586-723-2872 by February 26, 2016

Open to any adult in the community and students in grade 6 - 12

Brought to you by Dakota Coalition Teen Council and
Chippewa Valley Coalition for Youth and Families

