

YOUR TOMORROW MATTERS.



2019 SUICIDE PREVENTION WEEK

THURSDAY
SEPT
5

GRIEF GATHERING: FALL LUNCH WORKSHOP SERIES

Thursdays, September 5, 12, 19, 26 | 12:15-1:15pm
Tamarack Grief Resource Center Missoula, 405 S. 1st Street W.

Bring a picnic lunch and join us for a casual conversation in our backyard garden. During the four weeks, participants will learn practical tools to support themselves and others in the toughest of times; do creative projects to take home; explore self-care strategies; and meet understanding others.

FRIDAY
SEPT
6

“EVERY BRILLIANT THING” STARRING ROSIE SEITZ AYERS

7pm (doors open at 6:30pm) | Missoula Community Theater 200 N Adams
Panel discussion to follow | FREE

Reserve tickets at: missoulaunitedway.org/suicide-prevention-week-2019



SATURDAY
SEPT
7

“EVERY BRILLIANT THING” STARRING ROSIE SEITZ AYERS

7pm (doors open at 6:30pm) | Missoula Community Theater 200 N Adams
Panel discussion to follow | FREE

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MONDAY
SEPT
9

BE SMART PRESENTATION AT COMMUNITY MEDICAL CENTER

5pm | Gallagher Board Room, Community Medical Center, 2820 Fort Missoula Road | FREE

The Be SMART framework is designed to help parents and adults normalize conversations about gun safety and take responsible actions that can prevent firearm suicides.

MISSOULA CITY COUNCIL SUICIDE PREVENTION WEEK PROCLAMATION

7pm | Missoula City Council Chambers, 199 W. Pine | FREE

Mayor John Engen will proclaim this week Suicide Prevention Week and affirm the city's commitment to supporting the mission of Project Tomorrow Montana.

TUESDAY
SEPT
10

QUESTION, PERSUADE, REFER (QPR) GATEKEEPER TRAINING

5:30-7pm | Missoula Food Bank Community Room 1720 Wyoming | FREE

Join us the second Tuesday of EVERY month for this suicide intervention training that teaches anyone how to keep someone safe and get them to the help they need. We encourage everyone ages 15 and older to take this training.

FILM: “DANCING TOWARD THE LIGHT”

7pm | Roxy Theater 718 S Higgins | FREE | with panel to follow

The Missoula Urban Indian Health Center is sponsoring this beautiful film. “Nunavut has the highest suicide rate of any province or territory in Canada. But in the town of Arviat, young people have found salvation in dancing. Their annual competitions have become legendary – and a way to heal emotional wounds.”

WEDNESDAY
SEPT
11

QUESTION PERSUADE, REFER (QPR) GATEKEEPER TRAINING

7pm | University of Montana, University Center Room 4113 (3rd floor) | FREE

SATURDAY
SEPT
14

OUT OF THE DARKNESS WALK 2019

12:30pm | Silver Park, 700 Cregg Ln., Missoula | Register yourself or your team at AFSP.org

We are excited to have more than 500 walkers join us in Missoula to raise hope, awareness, and funds to support suicide prevention, awareness, education and advocacy

Need confidential help now? Call for support:
SUICIDE PREVENTION LIFELINE: **1.800.273.TALK (8255)**

Help via Text Message: **TEXT “MT” TO 741-741**
Western Montana Mental Health Center **406.532.9700**
For questions and information,
call Missoula City-County Health Department's
Suicide Prevention Office **406.258.3881**

United Way of
Missoula County



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SUICIDE PREVENTION & EDUCATION

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