



Join us for a brief virtual discussion on mental health warning signs for youth, risks of suicide, and the process of seeking help, action steps, and local resources.

Helping Families Navigate Mental Health & Suicide Conversations with Kids

Sponsored by:



**Mid-Fairfield
Community Care Center**
Clifford Beers Community Health Partners



**THE CHILD & FAMILY
GUIDANCE CENTER**

Join us in an open Zoom panel discussion to recognize warning signs of suicide in youth and what you can do to help demystify the process of seeking help and having conversations at home. Come learn about local resources for additional support.

Featuring Panelist from: Wilton Youth Services, Positive Directions, Mid-Fairfield Community Care, the Child & Family Guidance Center, and Kids in Crisis.

Monday, February 6th, 2023 from 12:00 - 1:00 p.m.

RSVP & Submit your Questions through Positive Directions at:

<https://www.positivedirections.org/event-details/helping-families-navigate-mental-health-suicide-conversations-with-kids>

Drop-in on the Zoom:

<https://us06web.zoom.us/j/82648499232?pwd=WGUvaEtEMXFrVjhGYitYRINuSTdZUT09>

**Meeting ID: 826 4849 9232
Passcode: 738380**