



**American  
Foundation  
for Suicide  
Prevention**  
New Jersey

[www.afsp.org/NewJersey](http://www.afsp.org/NewJersey)



Talk Saves Lives: An Introduction to Suicide Prevention is a community-based presentation that covers the general scope of suicide, the research on prevention, and what people can do to fight suicide. Attendees will learn the risk and warning signs of suicide, and how together, we can help prevent it.



By featuring real stories and experiences, It's Real conveys that depression and other mental health conditions are real illnesses that can be managed through specific treatments and interventions. It encourages students to be mindful of the state of their mental health, to acknowledge and recognize when they are struggling, and to take steps to seek help.

Through our educational programs, we teach schools, communities, and workplaces how to best prevent suicide and create a culture that is smart about mental health. AFSP has over 30 educational programs. Currently we are doing virtual presentations.

If you are interested in scheduling a virtual program for your group or organization, please reach out. Contact Elizabeth Clemens at [eroithmayr@afsp.org](mailto:eroithmayr@afsp.org)



Healing Conversations gives survivors of suicide loss the opportunity to speak with volunteers, who are themselves loss survivors. Available by phone or video chat, our volunteers are familiar with the isolation that so often accompanies a death of this kind and are able to show suicide loss survivors a way forward into a world of support.

Click [HERE](#) to learn more about the healing conversations program and schedule a conversation.



**Upcoming Events:**

**NEW JERSEY OUT OF THE DARKNESS COMMUNITY WALKS- FALL 2021**

Visit [afsp.org/njtogether](http://afsp.org/njtogether) to find a walk near you!

For more information on our upcoming programs, resources, events or how to get involved please visit our website [afsp.org/newjersey](http://afsp.org/newjersey)

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