

When Life Seems Too Hard, and You Are Struggling to Find Hope: Suicide Ideation

June 18, 2024

10:00-11:30am MST

It takes incredible courage to choose life when you feel overwhelmed or hopeless. It is important to know you are not alone. This session will provide you with ways to support your mental health and tools to use to keep yourself safe when suicide seems like an option.



Learning Outcomes:

- You are not alone!
- How to be proactive in protecting your mental health
- Learn warning signs that you may be a danger to yourself
- How to create a safety plan that works for you

Speakers:

Melanie Middelkoop, Registered Provisional Psychologist, Dochás Psychological Services, I provide therapy as a provisional psychologist. Throughout my life I have lived side-by-side with First Nation individuals in the community and in my family. During my time offering mental health support, I have had the privilege to work with many different First Nations individuals and support them through many different mental health struggles.

DÓCHAS
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Target Audience: The information presented will benefit individuals of all ages, genders, and socioeconomic demographic. If you have ever considered suicide or have any mental health struggles, this information is important for you. The information provided may also be beneficial for individuals supporting others

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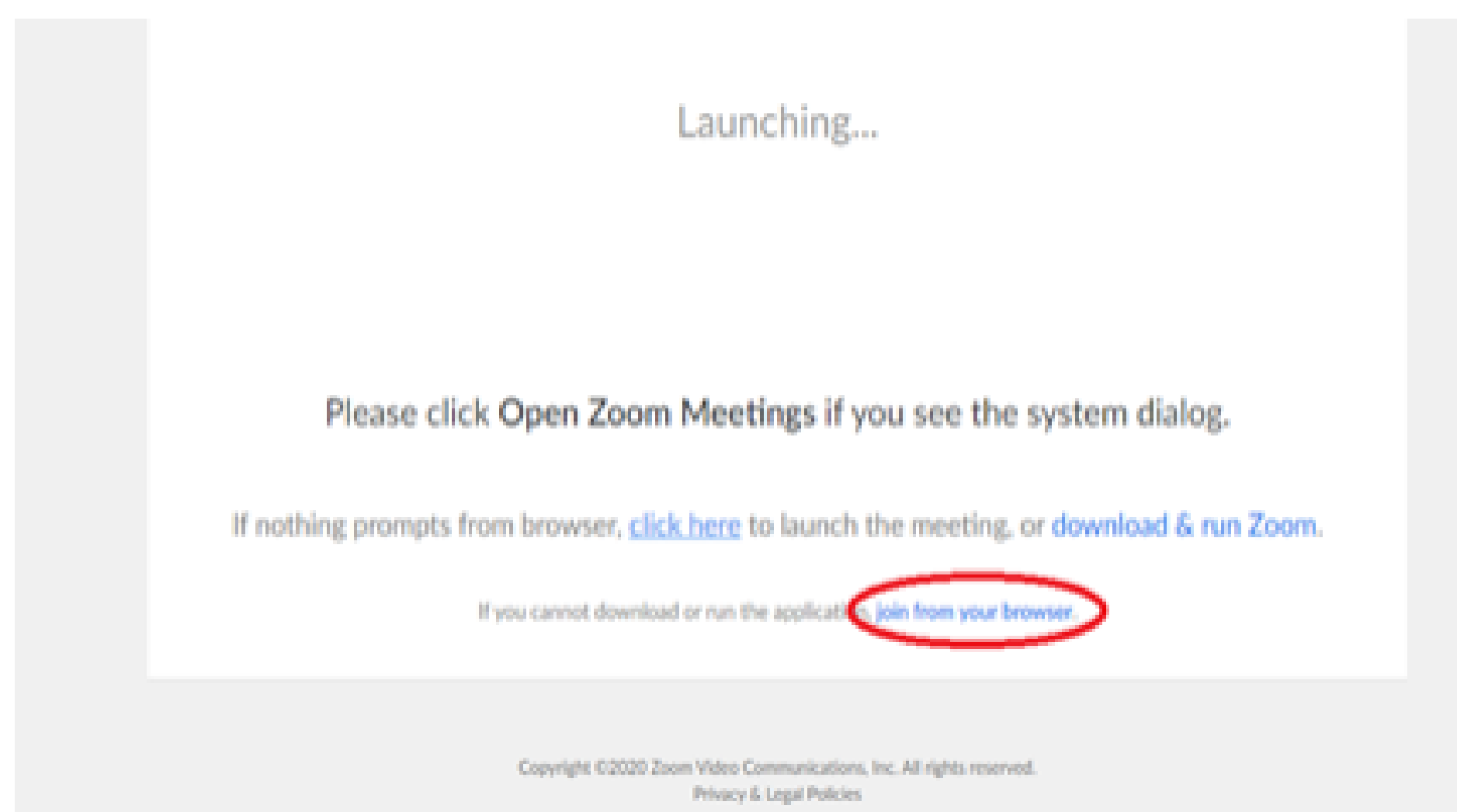
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