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MorrisAgent



# Suicide Awareness Training

## (Safely in Person *or* Online)

The MorrisAgent Team @ Weichert, the Boonton Fire Department, and the Lakeland Hills Family YMCA are partnering to present a Suicide Awareness Training Program, held both virtually and safely in person. Mental illness still holds a stigma and is not openly discussed. The more education and awareness we have, perhaps we can do something to prevent it with friends, family, and loved ones in the future.

Do you know the major risk factors for suicide? Here are the most common:

- Prior suicide attempt(s)
- Misuse and abuse of alcohol or other drugs
- Mental disorders, particularly depression and other mood disorders
- Access to lethal means
- Knowing someone who died by suicide, particularly a family member
- Social isolation
- Chronic disease and disability
- Lack of access to behavioral health care

The program is less than 2 hours, so the time commitment is minimal. You will learn:

- How to question, persuade and refer someone who may be suicidal
- How to get help for yourself or learn more about preventing suicide
- The common causes of suicidal behavior
- The warning signs of suicide
- How to get help for someone in crisis

**In-person training** Dates: Saturday, 9/26 or 10/3 from 9:00-11:00am

Boonton Avenue Firehouse  
311 Boonton Avenue  
Boonton, NJ 07005

[View Map](#)

**On-line training** Dates: Monday, September 28 or October 19 from 7:00-9:00pm

Questions should be directed to Glen Baker at [Glenbaker@morrisagent.com](mailto:Glenbaker@morrisagent.com)