



# Understanding Suicide:

## What We Know and What Can Help

**Thursday,  
October 24, 2019**

**6:30 P.M. ~ Tolland High School**

***Free, Open to Tolland & surrounding communities***

In the last several years suicide has been among the top ten leading causes of death in the United States. In response there has been an increase in research and efforts to understand the causes of suicide, and help those who are experiencing thoughts of suicide. In this introductory talk Dr. Chapman will discuss some of the current information on suicide, and what is known about the experiences where an individual might have thoughts about suicide. We will also discuss examples of what has been proven to be helpful, including resources and ideas for communities, individuals and families. Ms. Duarte will share information on community response with an opportunity for discussion.

Following the talk there will be refreshments and time for questions and answers. Handouts with resources and information will be available. Please join us!

The presenters:

- Kathleen Chapman, Ph.D., CT Department of Mental Health & Addiction Services/River Valley Services/Clinical Manager; CT Psychological Association / Public Interest Representative; CT Suicide Advisory Board member
- Andrea Iger Duarte, M.P.H., L.C.S.W., CT Department of Mental Health & Addiction Services / Office of the Commissioner / Prevention & Health Promotion Division Manager; CT Suicide Advisory Board / Tri-Chair

*In Crisis call 1(800)273-TALK (8255) or 211 in CT or text "CT" to 741741; in an Emergency call or text 911; visit [www.preventsuicidect.org](http://www.preventsuicidect.org)*

*Hosted by: Tolland Local Prevention Council  
In collaboration with the Connecticut Psychological Association &  
CT Suicide Advisory Board*



***Suicide: It Affects Everyone***