



UPLIFTING NEWS

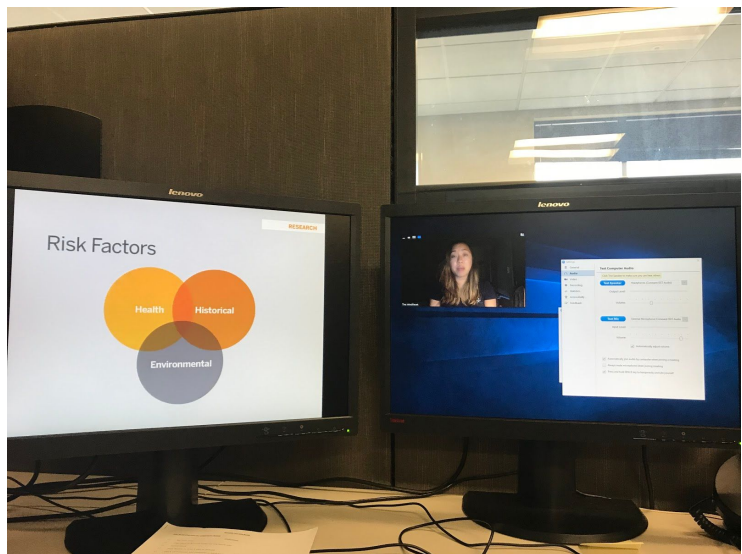
Talk Saves Lives Suicide Prevention Training

July 25th, 2018- Digital Platform- Zoom

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The MindReset held their first digital Talk Saves Lives Suicide Prevention training program on July 25th. It was a very exciting evening as TMR continues to utilize digital platforms in an effort to make programming more accessible. The Talk Saves Lives training comes from the American Foundation for Suicide Prevention, focusing on the importance of speaking up about suicide. Dr. Jing Wu, TMR founder, presented this digital training and pointed out the significance of having conversations with those who are planning suicide or have suicidal ideations.

Von Saunders, a school psychologist stated: *"I attended the Talk Saves Lives Suicide Prevention Training, as hosted by The MindReset, on July 25th, 2018. As a mental health professional, I attended the training to refresh myself on the latest information on suicide prevention. I was pleased with the presentation and the content. I was exposed to the latest statistics around suicidality and learned new information about the connection between TBI and suicidality, and the importance of eliminating access to a suicidal person's preferred method of killing themselves. I would recommend the training to the general public and any mental health professionals looking to update their knowledge."*



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