



# TALK SAVES LIVES

## A BRIEF INTRODUCTION TO SUICIDE PREVENTION

Learn the warning signs and risk factors of suicide, and how together, we can help prevent it.

Thursday, June 2<sup>nd</sup>  
6:30 PM

Chatham Township  
Municipal Building  
58 Meyersville Road

### RSVP:

Mayor Curt Ritter

[Mayor@chathamtownship-nj.gov](mailto:Mayor@chathamtownship-nj.gov)

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Northern NJ Chapter



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Suicide Prevention

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



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**FOR IMMEDIATE RELEASE**

**RELEASE # 2016-07**

**CHATHAM TOWNSHIP COMMITTEE TO HOST “TALK SAVES LIVES”  
SUICIDE AWARENESS COMMUNITY-BASED PRESENTATION**

*Residents Encouraged to Attend Town Meeting on Thursday, June 2<sup>nd</sup>*

**CHATHAM TOWNSHIP, NJ** – May 6, 2016 – [The Chatham Township Committee](#) today announced that in its continuing effort to raise awareness of suicide prevention it will host a community-based presentation, “Talk Saves Lives,” in conjunction with [the American Foundation for Suicide Prevention](#) (AFSP). The free presentation will take place on Thursday, June 2 at 6:30 PM at the Chatham Township Municipal Building located at 58 Meyersville Road. Individuals interested in attending are encouraged to RSVP to Mayor Curt Ritter at [Mayor@chathamtownship-nj.gov](mailto:Mayor@chathamtownship-nj.gov)

[Mayor Curt Ritter](#), speaking on behalf of the Committee, said, “Earlier this year, we heard statistics from the School District of the Chathams in which four percent of middle school students and eight percent of high school students have thought about suicide. Suicide is preventable, and while it’s not a topic that is often discussed, I hope this presentation will help shed light on this important issue. We know that suicide does not discriminate, and I encourage all residents to take one hour of their time to attend this important presentation to learn how together we can help prevent suicide.”

Mayor Ritter continued, “In addition, in our continuing effort to increase awareness of this important issue, this September 24, we will host the first annual ‘Out of the Darkness Walk’ at the Chatham High School to help increase awareness of suicide prevention. Individuals interested in participating or volunteering can visit <http://bit.ly/1SLTIEe> or contact me directly.”

The hour-long presentation will cover the general scope of suicide and the research on prevention. Attendees will also learn the risk and warning signs of suicide and what they can do to prevent it.

Although suicide is the tenth leading cause of death in the United States and the 12th leading cause of death overall in New Jersey — too few people know how to help someone who may be suffering from a mental health condition, like depression or who may be in a suicidal crisis. The AFSP's New Jersey chapter is trying to change this and has trained more than 70 volunteers to present education programs including "Talk Saves Lives."

"Through research, we know that we can prevent suicide. There is no single cause, but in most cases if we can first identify the risk and warning signs of suicide, we can help someone who may be suffering," said Lorraine Mackin, AFSP New Jersey Area Director. "Suicide prevention starts with education. Through these learning workshops, we hope to decrease the number of New Jersey residents who die by suicide each year."

**Editor's Note:**

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**About The American Foundation For Suicide Prevention**

The American Foundation for Suicide Prevention is dedicated to saving lives and bringing hope to those affected by suicide. AFSP creates a culture that's smart about mental health through education and community programs, develops suicide prevention through research and advocacy, and provides support for those affected by suicide. [www.afsp.org](http://www.afsp.org)

**About Chatham Township**

Chatham Township is located in Morris County New Jersey. It has approximately 11,000 residents and nearly 4,000 households. Individuals interested in receiving emergency and community alerts can visit [www.chathamtownship-nj.gov/resident-communications.html](http://www.chathamtownship-nj.gov/resident-communications.html) and can learn more about Chatham Township at [www.chathamtownship-nj.gov](http://www.chathamtownship-nj.gov)

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Chatham Township Committee

Curt Ritter

Mayor

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