

Sept.
2018

Events in Helena, Montana

National Suicide Prevention Month activities

Sunday, Sept. 1

National Suicide Prevention Awareness Month begins!

Join the fight! Show your support for suicide prevention all month under #StopSuicide

Tuesday, Sept. 4

Suicide Prevention Week Proclamation

7 p.m.

City of East Helena
306 E. Main St.

Suicide Bereavement Support Group

6 p.m.

Breathe Let's Start a Conversation
St. Peter's Health, 2475 E. Broadway

Wednesday, Sept. 5

Bridges Buffet

Helena Community Connections

12- 1:30 p.m.

State Suicide Prevention Coordinator Karl Rosston will present life-saving information at this free luncheon for seniors.

Covenant Methodist Church
2330 East Broadway

Thursday, Sept. 6

Suicide Prevention Week Proclamation

9 a.m.

County Commission
Third floor, 316 N Park Ave

Suicide Bereavement Support Group

6 p.m.

Breathe Let's Start a Conversation
East Helena City Hall, 306 E. Main St.

Thursday, Sept. 6

(Continued)

"Every Brilliant Thing"

Grandstreet Theatre

7:30 p.m.

Runs Sept. 6 -16

In this interactive, one-man show, a son creates an ongoing list of items worth living for to raise the spirits of his chronically depressed mother.

grandstreettheatre.com

325 N. Park Ave.

Sunday, Sept. 9

National Suicide Prevention Week begins! (Sept. 9 -15)

#BeThere for veterans

Help the MT VA Healthcare System #BeThere for Vets by adding the Veteran Crisis Line, 1(800)273-8255, press 1, to your contacts.

Share your story of being there for a Veteran with a mental health crisis that led to recovery or about attending a suicide prevention event.

Email your stories to flm-suicideprevention@va.gov.

Monday, Sept. 10

World Suicide Prevention Day

Suicide Prevention Week Proclamation

6 p.m.

Show your support for the fight against suicide by attending this reading!

Helena City Commission
Third floor, 316 N Park Ave

Tuesday, Sept. 11

Youth Mental Health First Aid Training

Day 1

4-8 p.m.

Learn to help youth in crisis
Register with jhegstrom@ehps.k12.mt.us

NAMI Family-to-Family

12-week course begins, 7-9:30 p.m.

Call 458-9738 to register
Montana Hospital Association
2625 Winne Ave.

Wednesday, Sept. 12

Youth Mental Health First Aid Training

Day 2

4-8 p.m.

Reserve a spot for days 1 & 2

jhegstrom@ehps.k12.mt.us

NAMI Connections Support Group

7-8:30 p.m. Call 443-7871 for info
Our Place, 631 N. Last Chance Gulch

Thurs. Sept. 13

Movie & Craft Night

"It's Kind of a Funny Story"

4-6 p.m.

Join us for snacks, crafts & a movie
All area youth welcome!

Lewis & Clark Library, East Helena
16 E. Main St.

Monday, Sept. 17

"The Impact of Listening"
NAMI presents Speaker Kevin Berthia

7 p.m.

A suicide survivor/prevention advocate, Berthia will share his personal struggles with suicide and depression, and how these issues impact men

Carroll College, All Saint's Hall
Basement of Carroll Commons

Wednesday, Sept. 19

NAMI Family-to-Family Support Group

6:30 - 8 p.m.

A peer-led support group for family members, caregivers and loved ones of individuals living with mental illness.

Call 461-1186 for information
Montana Hospital Association
2625 Winne Ave.

Friday, Sept. 21

Community BBQ

3 - 4:30

Free hot dogs, fruit and drinks

Come check out Our Place, a local drop in Center and learn about the services it provides.

Our Place
631 N Last Chance Gulch

Sunday, Sept. 23

NAMI WALK

15th annual

12:30 p.m.

Join the movement to raise awareness of mental illness and funds for NAMI's mission to help individuals and families

Check-in begins at 11 a.m.
Memorial Park

Wednesday, Sept. 26

NAMI Connections Support Group

7 - 8:30 p.m.

A support group for individuals experiencing mental health conditions Call 443-7871 for information

Our Place
631 N. Last Chance Gulch

Friday, Sept. 28

Man Therapy Kick-off Party!

5 - 8 p.m.

Check out the campaign, listen to live music and enter a chance to win the "Ultimate Man Package"

Lewis & Clark Brewing Co.
Tap Room
1517 Dodge Ave

BRIDGES building bridges to purposeful aging



breathe
{let's start a conversation}

GRANDSTREET THEATRE

MHA

MONTANA HOSPITAL ASSOCIATION

NAMI
National Alliance on Mental Illness



Lewis & Clark Suicide Prevention Coalition



Youth Connections
Prevent • Support • Thrive



Big Brothers Big Sisters of Helena

EAST HELENA SUICIDE PREVENTION & AWARENESS COALITION

