Suicide Awareness Fair

September 30th 2015
11:00am – 2:00pm
MS Quad

Stop by the MS Quad to:
* Learn how you can help a friend

* Participate in National Depression Screening Day
* Reduce Stigma

Warning Signs of Suicides
* Frequent sadness, depression, anger or mood swings
* Loss of interest in most activities
* Talking about wanting to die or killing oneself
* Talking about feeling hopeless,
* having no reason to live, or being a burden to others
* Increased use of alcohol or drugs
* Isolating oneself

For Information Call
619-388-3539

San Diego City College
Mental Health Counseling