

More Than Sad:

Suicide Prevention for Parents, Teachers & Parish Leaders

The *More Than Sad* family of programs has taught over a million students, parents and educators how to be smart about mental health. Learn how to recognize signs of depression and other mental health problems, initiate a conversation and get him or her help.

Click to Register

Monday September 23

6:30 pm - 8:00 pm

Ste. Marie Parish, Manchester

or go to: CatholicNH.org/teensuicide

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Thursday September 26

6:30 pm - 8:00 pm

Immaculate Heart of Mary, Concord

Click to Register

or go to: CatholicNH.org/teensuicide

Questions?

cproulx@rcbm.org or
(603) 663 0195



**American
Foundation
for Suicide
Prevention**

New Hampshire

*Hosted by the
Diocese of Manchester*

