

# Needham Coalition for Suicide Prevention

## Join Us

### A Series of Three Programs for Middle-Age Men (and their families)

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#### Battlemind

##### Veteran PTSD and Suicide

**When:** January 26, 2012

4:00 PM – 6:00 PM

**Where:** The James Hugh Powers Hall – 2<sup>nd</sup> Floor Needham Town Hall

**Speaker:** Kevin Lambert, SAVE Program for Veterans

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#### Depression and Suicide in Middle-Age Men

**When:** March 29, 2012

7:00 PM to 8:30 PM

**Where:** Community Room, Needham Public Library

**Panel:** John Cusiak, Needham Department of Public Works

Larry Berkowitz, Director of Riverside Trauma Center

Families for Depression Awareness

Gerry Mahoney Deputy Chief, Cambridge Fire Department

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#### The “Concussion Crisis”

##### Depression and Head Injury

**When:** May 3, 2012

7:00 PM to 8:30 PM

**Where:** Community Room,  
Needham Public Library

**Speakers:** More information coming soon



## Information & Resources

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Are you feeling low or having a hard time? You may be depressed.  
If you believe you are depressed, there is help to feel better.

The complexities and demands of adult life can be distressing and anxiety producing. Depression is a signal that your regular coping mechanisms have become overwhelmed and you need help in order to manage and recover.

If you think you are depressed, the first step is to reach out and talk with someone. There are people who can HELP!

### **For immediate help**

call 911 or

Riverside Emergency Services

781-769-8674

Newton Wellesley Hospital

617-243-6000

### **To talk with someone call**

Samaritan Helpline

1-877-870-HOPE (4673)

National Suicide Prevention Lifeline

1-800-273-TALK (8255)

Project INTERFACE Helpline

617-332-3666 x411 or 1-888-244-6843 x411

For more information on resources available and on the Needham  
Coalition for Suicide Prevention (NCSP), please visit

[www.needhamacts.org](http://www.needhamacts.org) and [projectinterface.org/Needham](http://projectinterface.org/Needham)