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FOR IMMEDIATE RELEASE- Friday, September 13, 2019

Suicide Awareness and Prevention Month Community Calendar of Events

HAGATNA, September 13, 2019 – September is Suicide Awareness and Prevention Month. Suicide is the 6th leading cause of death on Guam--an average of one person dies every eight days. Families are left to grieve the loss of their loved one and begin to cope with that loss as best as they know how.

Suicide is PREVENTABLE!

In recognizing the impact these losses have on our families, schools, and community and island; Guam Behavioral Health and Wellness Center (GBHWC), in collaboration with other government agencies, community organizations, and stakeholders, will be hosting a series of events to highlight the importance of Suicide Awareness and Prevention Month throughout the month of September. It is our belief that these events will allow members of our island community to come together and stand in unity, conveying messages of hope to those who struggle with thoughts of suicide, and affording opportunities to those who have lost loved ones to suicide to share their stories and begin healing.

GBHWC and its community partners invite everyone to save the dates for the following events and join staff, individuals with lived experience, survivors of suicide, and the rest of the community as we work to reduce suicide risk and stigma. GBHWC and its partners, Gametime, Inc., Lifeworks Guam, University of Guam I'Pinangon Campus Suicide Prevention, and Breaking Wave Theatre Company, will be hosting the following events:

September 13, 2019 - Gametime, Inc. **Break the Silence Wave**: 4pm-6pm – Micronesia Mall

September 15, 2019 – Gametime, Inc. **Open Mic Night**: 3pm-6pm -Tamuning Community Center

September 20, 2019 - Gametime, Inc. **Break the Silence Wave**: 4pm-6pm – Paseo Loop

September 21, 2019 –Gametime, Inc.: 6:00pm - **Hope Slam “Slamming the Door to Suicide”**
Benefit Concert: Gov. Joseph Flores Memorial Park

September 21, 2019 – Lifeworks, Guam **Out of the Darkness Walk**: 5:15am – Micronesia Mall

September 25, 2019 – I'Pinangon **Suicide Prevention Forum**: 6pm-9pm UOG Lecture Hall

September 27, 2019 – Gametime, Inc. **Break the Silence Wave**: 4pm-6pm – Tri-Intersection Barrigada (Route 8 & Route 10)

September 26 – 28 (7:00 p.m.) and September 29, 2019 (2:00 p.m.)

Breaking Wave Theatre Company **“Unspoken: A Mental Health Anthology”** - University of Guam Theatre.

Un Dankulu na Si Yu’us Ma’ase and thank you all for your continued HEART work as we continue to save lives daily.

For additional information, contact Linda Flynn at GBHWC-PEACE office at 477-9079 thru 9083 **from 8:00AM – 5:00PM (M-F)**.

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