

# **DR. SALLY SPENCER-THOMAS**

## **TWO EVENTS**

### **BE A SHINING LIGHT OF HOPE: EVERYONE PLAYS A ROLE IN SUICIDE PREVENTION**

**11:00 AM-12:00PM**

### **AFTER A SUICIDE AND THE LIGHT SHINES ON...**

**7:00 PM-9:00 PM**

**LOCATION: NORTHEAST COLLEGE JANUARY 29, 2015**

**COX ACTIVITY THEATER**

**EVENT FREE OF CHARGE**



Are we doing enough to invest in mental health and wellness?

With increasing demands to do more with less and perform with polish, today's college students and young adults need coping tools to get them through life challenges. As a psychologist, mental health advocate, and survivor of her brother's suicide, Dr. Spencer-Thomas brings a unique perspective to the topic.

Participants will be able to make a case for comprehensive "upstream" mental health resiliency and articulate the four approaches to resiliency: To be bold, belong, be well and believe.

The light goes on focus on people touched by suicide and promotes healing, helps how to handle grief experiences and brings hope & spirituality.

**EVENT SPONSORED BY NORTHEAST COLLEGE, NORTHEAST NEBRASKA COALITION FOR SUICIDE PREVENTION, STATE COALITION FOR SUICIDE PREVENTION AND BLUE CROSS AND BLUE SHIELD OF NE**