

# **DR. SALLY SPENCER-THOMAS**

## **UP ON THE HIGH WIRE: PROMOTING EMOTIONAL RESILIENCY BE A SHINING LIGHT OF HOPE: EVERYONE PLAYS A ROLE IN SUICIDE PREVENTION**

**LOCATION: WAYNE STATE COLLEGE JANUARY 29, 2015**

**3:30 PM -5:00 PM**

**FREY SUITE, STUDENT CENTER**

**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.

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