

### **Preventing Suicide - Therapy Group**

Effective and available help for suicidal thinking.

Meet in person with people who understand.

Learn to use suicide-focused treatment tools and be successful this semester.

Who: Confidential group for UAA students led by licensed clinicians.

When: Fridays from 9am to 10:15 am

Where: Rasmuson Hall, room 204 (in person)

Sign up by calling the Student Health and Counseling Center at 907-786-4040

All costs are free.

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