

Interested in seeing the UMass Lowell River Hawks take on the Northeastern University Huskies on January 27?

Interested in learning where to get help for mental health challenges?

We're making it easy for you to do both. The Northeast Coalition for Suicide Prevention, Screening for Mental Health and the American Foundation for Suicide Prevention are sponsoring a Mens Wellness night at The Tsongas Center, 300 Arcand Drive in Lowell at 6:00 pm on January 27, 2017 during the ice hockey game.

The purpose of this event is to educate people about the risks of depression and other mental health challenges as well as suicide. We're offering a free mental health screening as well as educational and resource material and giveaways, including chapstick, portable phone chargers, and hand sanitizer.

Please stop by our tables, take a 2 minute confidential depression screening at the kiosk, and get some information on the importance of asking for help when dealing with mental health challenges. Over 3/4 of all suicide deaths in the US are men. The highest rate for suicide is for people ages 45-54. If you were struggling with a heart condition, you'd seek help. Why not for depression? There are many effective treatments for mental health challenges. Take the challenge—get help!

Members can receive 2 complimentary tickets to the game by emailing Debbie Helms at dhelms@fsmv.org.



**AMERICAN FOUNDATION FOR
Suicide Prevention**