

**WORLD SUICIDE PREVENTION DAY**  
**LUNCH AND LEARN**  
**SEPTEMBER 10, 2021**  
**12:00-1:00 PM**

# **REAL MEN ASK FOR HELP.**

**First responders encouraged to attend.**

**Find the Facebook Live event on**  
**AskingSaves Facebook page.**

**Jonathan Smith,  
Founder of  
Putting a Dent in  
Mental Health**



**Mike Washington,  
Seattle Fire  
Department**

**#  
asking  
saves.org**

**moderator:  
Mike Wade, NRVCS  
Wellness & Outreach**

