Meeting Date: 10/15/15

Meeting Topic: Suicide Prevention Awareness

Speakers: Talita Ferrara, Dale Camhi, Psychology Club

Committee and Faculty Attended: Jaclyn Malone, Samantha Bishop, Philip DeSena, Katelyn Finnegan, Rachel White, Teresa McDavid, Emily Rosen, Dr. Moore, Professor Mullarkey

Students Attended: 56

Topic 1: Counseling Center Information

Speaker: Talita Ferrara - Counselor at Counseling Center

* Molloy College Counseling Center Kellenberg Room 207
* Phone # 516 - 323 - 3484
* Center provides mental health counseling for all issues
* Counseling is free of charge and confidential
* Provides short term counseling (1 - 8 sessions) with a solution geared approach OR Assessment and Referral if long term counseling is required
* Best way to make appointment is through calling the office
* Counselor available Monday - Friday with various hours each day

Topic 2: Suicide Prevention Information/ Ways to Help & Get Involved

Speakers: Jaclyn Malone, Samantha Bishop, Psychology Club

* American Foundation For Suicide Prevention Walk: October 25, 2015 @ 8am Jones Beach
* Ways to help support individuals suffering from mental illness: aware of signs and symptoms, good listening, offer words of encouragement
* Avoid snap out of it and cheep up statements
* Ways to get help: encourage person to call MD for mental health referral, counseling center, school counseling, 911
* Venting to friends is not a substitute for treatment, untreated anxiety/depression will get worse if left alone.
* Bational Suicide Prevention Hotline: 1800 273 8255
* ended with informational video about suicide/depression

Topic 3: American Foundation For Suicide Prevention

Speaker: Dale Camhi - Metro - NY Director of American Foundation For Suicide Prevention

* reach out for help, be a person who will offer help
* bring awareness to suicide prevention
* New “Truth About Suicide” Documentary being released in 2016
* AFSP does not have a hotline, they raise money for research in all fields of suicide prevention, treatment, and survivorship
* AFSP provides education through community and school programs
* AFSP provides advocacy for suicide related issues through legislation
* Out of the Darkness Walks funds go to: National Organization and into local communities for teaching, outreach, and survivorship networks, etc..
* AFSP provides interactive online screening tools for suicide/depression which are anonymous

Topic 4: Total School Membership

* All MNSA members will receive an email regarding information on Total School Membership sometime this week.

Magnets were sold at the meeting for the MNSA Suicide Prevention Walk

Swirl Bliss Fundraiser was announced

Kick Suicide Out of the Question Fundraiser announced