



National Alliance on Mental Illness

NAMI Putnam County

Monthly Speaker Series Presents: Maria Idoni "Talk Saves Lives " January 20th, 2021 7:00 pm

Nami Putnam is honored to have Maria Idoni, Hudson Valley/Westchester County Area Director for the American Foundation for Suicide Prevention (AFSP) presents "Talk Saves Lives"the TSL flyer is also attached.

Ms. Idoni's presentation will include the most up-to-date research on prevention, and on what we can all do to fight suicide. Participants will learn the common risk factors for suicide, how to spot the warning signs in others, and how to keep ourselves, our loved ones and those in our community safe. Please feel free to invite friends, family or anyone you feel could benefit from this excellent presentation.

Since this presentation is being presented via Zoom, please register by sending your first and last name, email address and phone number to "namiputnam@gmail.com". We will then be able to send you the log on information for the Zoom meeting. Please check attached "Talk Saves Flyer" for additional details. Should you have any questions or concerns, please let us know.

Upcoming Events

February 17th. 2021, Rabbi Sarah Freidson of Temple Beth Shalom in Mahopac will be presenting to us on the importance of "Resilience".

March 17th, 2021, Nami Putnam's Annual Board Meeting

The Board of Nami Putnam would like to take this opportunity to wish you and your families a Healthy, Happy, Safe New Year. We look forward to seeing you on our Zoom calls.

**Visit us on the web at: www.NAMIPutnam.org.
For more information call (845) 363-1478 NAMIPutnam@gmail.com**