

# Depression and Suicide:

## Moving Beyond the Stigma

*There is nothing shameful about suicide or the feelings behind it.*

- Learn what is happening on Cape Cod and the Islands with middle aged men and others regarding suicide.
- Recognize warning signs and learn the best way to talk to someone who may be having thoughts of suicide.
- Become informed with resources in our communities.

**Wednesday, May 10th**

**6:30pm**

**Franklin Cook : Director of Community Outreach, MassMen.org**

## **Harwich Community Center**

100 Oak St, Harwich, MA 02645

For more information please contact

Sergeant Kevin Marshall

C.I.S.P.C. Co-Chair

[kmarshall@police.nantucket-ma.gov](mailto:kmarshall@police.nantucket-ma.gov)

# With help, there can be hope.

