



Samaritan Counseling Center Hawaii

Media Contact:

Rachelle Chang
Office (808) 545-2740
Cell (808) 221-2438
info@samaritanhawaii.org

FOR IMMEDIATE RELEASE

**Announcing “A Hundred Million Reasons”
A Free Virtual Suicide Prevention and Resilience Workshop**

Friday, June 11, 2021, 6 pm to 9 pm (HST) ~ Saturday, June 12, 2021, 9 am to 12 pm (HST)

May 11, 2021 – Honolulu, HI – Samaritan Counseling Center Hawai‘i announced a free two-day virtual workshop, “A Hundred Million Reasons: A Free Virtual Suicide Prevention and Resilience Workshop” on Friday, June 11, 2021, 6 pm to 9 pm HST; and Saturday, June 12, 2021, 9 am to 12 pm HST. The workshop’s purpose is to help family, friends, parents, community members, youth leaders, and faith leaders learn strategies for suicide prevention, discuss life-saving conversations, learn about community resources, and develop resilience in their lives.

This workshop is vital because at any given time, 1 in 20 adults and 1 in 6 youth in Hawai‘i are seriously considering suicide, according to State of Mental Health in America, 2021 and Hawai‘i Youth Risk Behavioral Survey, 2019.

“It is difficult for those considering suicide to ask for help,” says Rachelle Chang, Executive Director of Samaritan Counseling Center Hawai‘i. “We can learn to recognize the warning signs of people who are hurting and help them to be heard. We can also practice self-care and help the people we care about to become more resilient.”

Speaking at the workshop will be Dr. Deborah Goebert, Dr. P.H., Professor at the University of Hawai‘i, John A. Burns School of Medicine; Brent Oto, CPS, Suicide Prevention Program Manager, 9th MSC Army Reserves; and Dr. Mestisa Gass, PsyD, Program Director, Mental Health America of Hawai‘i.

Participants can register for one or both days at: <https://ahundredmillionreasons2021.eventbrite.com>.

The free virtual workshop is sponsored by Samaritan Counseling Center Hawai‘i, in partnership with the City and County of Honolulu Grant-in-Aid program and the Prevent Suicide Hawaii Task Force.

About Samaritan Counseling Center Hawai‘i

Founded in 1989, Samaritan Counseling Center Hawai‘i is a 501(c)(3) nonprofit that provides professional and accessible mental health counseling for individuals, families, and communities in Hawai‘i, regardless of their ability to pay. The organization also participates in community outreach and events to provide mental health education, strengthen resilience, and help reduce the stigma of mental illness. For more information, call (808) 545-2740 or visit <http://www.samaritancounselingcenterhawaii.org>.

###

Celebrating Over 30 Years of Service

1020 South Beretania Street, Honolulu, HI 96814 • Phone: (808) 545-2740 • Fax: (808) 545-2852
Website: www.samaritancounselingcenterhawaii.org • Email: info@samaritanhawaii.org