



## Samaritan Counseling Center Hawaii

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**FOR IMMEDIATE RELEASE**

**MEDIA ALERT:**

**“A Hundred Million Reasons” Suicide Prevention and Resilience Workshops**

July 9, 2023 ~ Manoa Public Library, Honolulu, Hawai‘i ~ Free

**WHY:** In Hawaii, one person dies by suicide every two days (Dept. of Health). It’s the second leading cause of death among young adults ages 15-24 and adults ages 25-34 (HIPP 2023). **Suicide is preventable.** The goal of “A Hundred Million Reasons” is to raise awareness about suicide prevention and build mental resilience and strengths.

**WHAT:** For High School Students:

“A Hundred Million Reasons: Sources of Strength” is a free workshop that will help high school students, who may invite a trusted adult, to develop mental wellness and resilience. Presented by Deborah Goebert, Dr.P.H., Professor University of Hawai‘i, John A. Burns School of Medicine, Dept. of Psychiatry and the Office of Public Health Studies; and co-chair of the Prevent Suicide Hawaii Task Force.

For Parents, Community Leaders, and Faith Leaders:

“A Hundred Million Reasons: Keep Me Where The Light Is” is a free workshop that will help parents, community leaders, and faith leaders to learn a strengths-based approach for suicide prevention, hope, and resilience, grounded in Hawaiian values. Presented by Pua Kaninau-Santos, MSW, ASIST trainer, SAFETALK provisional trainer, Aloha, Mo'olelo & Suicide Prevention Basics Facilitator; and Su Atta, LSW.

Sponsored by Samaritan Counseling Center Hawai‘i, in partnership with the City and County of Honolulu Grant-in-Aid program.

**WHEN:** High School Students: Sunday, July 9, 2023, 9 am to 1 pm (*lunch is included*)

Register at <https://100millionreasons2023youth.eventbrite.com>

Adults: Sunday, July 9, 2023, 2 pm to 7 pm (*dinner is included*)

Register at <https://100millionreasons2023.eventbrite.com>

**WHERE:** Manoa Public Library, 2716 Woodlawn Drive, Honolulu, HI, 96822

**INFO:** Established in 1989, Samaritan Counseling Center Hawai‘i provides professional and accessible counseling for individuals and families founded on a deep understanding of the close relationship between mind, body, spirit and community. The organization also participates in community outreach and events to provide mental health education and help reduce the stigma of mental illness.

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