



**SUICIDES** are  
**COMPLEX**, yet  
**PREVENTABLE!**

The **BEST** suicide prevention plan  
that really works is to:

\*Get to the **ROOT** cause of past unresolved problems/traumas

People struggling with mental health challenges **NEED** to understand that:

\*Nutritional gaps may be at the root of their problem because meds depletes **KEY** nutrients

\*Healing is indeed possible! There is **HOPE!**

Join our **FREE** weekly webinars in September  
Hear stories of Resilience and **HOPE!**

\***Sept 1<sup>st</sup>** \***8<sup>th</sup>** \***16<sup>th</sup>** \***23<sup>rd</sup>** \***30<sup>th</sup>**

To sign up/questions: 908-938-0392

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