

YOUR TOMORROW MATTERS.



2017 SUICIDE PREVENTION WEEK

SATURDAY
SEPT
9

OUT OF THE DARKNESS WALK
12 PM | McCormick Park,
600 Cregg Ln.
afsp.org/missoula

WEDNESDAY
SEPT
13

FREE FILM: "CRISIS HOTLINE: VETERANS PRESS 1"
7 PM | Roxy Theater,
718 S Higgins

MONDAY
SEPT
11

WALKING OUR WAY THROUGH GRIEF
4:25-6 PM | Tamarack Grief
Resource Center, 405 S 1st St. W

THURSDAY
SEPT
14

FREE QPR CLASS
5 PM | Missoula Family YMCA,
3000 S Russell

SUICIDE PREVENTION WEEK PROCLAMATION
7 PM | Missoula City Council
Chambers, 140 W Pine

FREE PERFORMANCE: "THE SUN AS MY WITNESS" BY KEVIN KICKING WOMAN
7 PM | Salvation Army,
355 S Russell

TUESDAY
SEPT
12

ASIST DAY 1
8:30 AM - 5 PM | Missoula Federal
Credit Union, 3600 Brooks
Gary Clark & Spruce Rooms

FRIDAY
SEPT
15

FREE CONFERENCE, DR. BLAIR DAVISON
7:30 AM | Providence
St. Patrick Hospital Conference
Center, 500 W Broadway

CATCHING YOUR BREATH: TOOLS FOR GRIEF
6:30-7:45 PM | Tamarack Grief
Resource Center, 405 S 1st St. W

DANCE OUT OF THE DARK
7:30-9:00 PM | Downtown
Dance Collective, 121 W Main

Need confidential help now? Call for support:
SUICIDE PREVENTION LIFELINE: **1.800.273.TALK (8255)**

Help via Text Message: **TEXT "MT" TO 741-741**
Western Montana Mental Health Center **406.532.9700**
Urgent Mental Health Clinic **406.327.3034**



INSTITUTE OF HEALTH AND HUMANITIES

United Way of
Missoula County



PROJECT TOMORROW MONTANA
SUICIDE PREVENTION & EDUCATION

PROJECTTOMORROWMT.ORG

