



The Sarah Michelle Peterson Foundation

Depression is not your fault. Stay Alive!



2018 Year in Review

Director's Message

Hello Friends,

As 2018 draws to a close, I want to update you on our activities this year and to tell you how much your support means to us. **We are grateful for your generosity!**

You may have heard that over 47,000 Americans died by suicide in 2017. We are on a mission to stop suicide and break the stigma around mental health. In 2018 we hired a talented Program Assistant whose skills gave us greater ability to plan and implement programs that save lives. Every week we hear from people who thank us for what they learned from us at a program or by following us on social media. We know we are making a difference and helping people connect to one another in safe and helpful ways.

We expect 2019 to be a notable year in which we acquire office space, expand our programs to reach even more people, increase our community engagement, and continue to maintain and gain partnerships.

We couldn't do any of this without YOU! Every day I look at all we have accomplished with the help of donors and volunteers, and I know we are saving lives together. Please take good care of yourselves and one another in the new year.

Most sincerely,
Michelle Peterson
Executive Director



Follow Us!

This year we have trained more people than ever before to recognize the warning signs for suicide and to take action by saying and doing something to save a life--theirs or another. We have over 30 volunteers trained to present programs and host our Resource Table at community events. You may have heard we provided 92 suicide prevention programs for Suffolk Public Schools last spring. Teachers and parents received training, as well as all 8th and 10th grade students. Programs in area private schools, churches, workplaces, and other community spaces **brought our program total to 140 separate trainings with 3,214 teens and adults in our community now able to intervene and save a life.**

We took our resource table to 22 local events and engaged with about 3,500 more people as we **gave away thousands** of SMPF wristbands, pens, silicone cell phone wallets, chapsticks, nail files, bookmarks, and magnets all with the National Suicide Prevention Lifeline phone number and Crisis Text number printed on them. We hope you got one!

**Lifeline 1-800-273-TALK (8255)
Text "hello" to 741-741**

Finally, we are proud to take part in several local and national partnerships and coalitions, working with others to stop suicide and stop the stigma around mental health and its treatment.



Contact Us Here
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How to help someone who says or does something that seems like a warning sign for suicide:

- T**-Tell them you are concerned and what you've seen/heard.
- A**-Ask what's going on. It's ok to ask about suicide.
- L**-Listen to their story. Be patient and avoid giving advice.
- K**-Keep them safe while you connect them with help.