



MEDIA RELEASE

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FOR IMMEDIATE RELEASE

SMCS Presents ON TRACK Tactics for Suicide Prevention: Ask A Question, Save A Life

NEENAH, Wisconsin: St. Mary Catholic Schools (SMCS) is pleased to announce the next offering in this year's ON TRACK education series: *QPR for Suicide Prevention – Ask A Question, Save A Life*.

The presentation will take place on **Tuesday, February 20, at 6:30 p.m.** in the Jane Bergstrom Fine Arts Education Center on the campus of St. Mary Catholic High School. Counseling professionals from the SMCS staff will share with attendees how they can help someone who may be considering suicide by using the three QPR life-saving skills—Question, Persuade and Refer.

Each addressing appropriate tactics for students of different ages, the presenters are: Nada Newcomb, MS (elementary school counselor); Mary Lou Kalas, MSE (middle school counselor) and Julie Castagna, MS and Ralph Norton, MSE (both high school counselors).

Mary Lou Kalas, St. Mary Catholic Middle School counselor, commented, "People, including children, who suffer from anxiety or depression are at risk for suicide. In fact, more people die from **suicide** than from automobile accidents. It affects all age groups, and we know that awareness and preparedness are important. Educating parents, teachers and community members is aligned with our mission as Catholic Schools and is an important step in decreasing suicide episodes."

This session is suggested for educators, parents, coaches and other adults who are concerned about the epidemic of youth suicide in our nation and who care about the wellbeing of students.

ON TRACK presentations are offered compliments of St. Mary Catholic Schools and are designed to give participants practical insight and tools to help live a more secure, healthy and happy life. Seminar topics range from financial planning, saving for college, healthcare to ways to keep your family safe. The events are hosted during the school year in partnership with community resources and experts at no cost to the attendees. To attend any of these seminars, interested participants should email Michelle Dejno at mdejno@smcatholicschools.org to reserve a spot. Walk-ins welcome.

St. Mary Catholic Schools (SMCS) includes St. Mary Catholic High School and St. Mary Catholic Middle School in the Village of Fox Crossing and St. Mary Elementary Schools (St. Margaret Mary and St. Gabriel in Neenah, and St. Mary in Menasha). SMCS is dedicated to the individual development of each student in grades Pre3-12, by providing the highest quality education focused on faith, academics and service in a rapidly changing world.

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