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### 20210909\_UNM holding annual Suicide Awareness Week Sept. 12-18

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# HSLIC News - LibGuides at University of New Mexico

When a loved one is in crisis, there are sometimes warning signs that others can pick up and act upon. The University of New Mexico and UNM Health Sciences Center Wellbeing Coalition aims to spread awareness of those warning signs and help prevent suicide as part of Suicide Awareness Week.

UNM also hopes to reduce the stigma around suicide and encourage those struggling to seek help when needed. It's part of the focus of the weeklong activities scheduled for Sept. 12-18.

As part of the network of [UNM Resource Centers](#), the [UNM Agora Crisis Center](#) is now part of The National Suicide Prevention Lifeline and has almost 150 student volunteers who help run the hotline. Additional mental health resources can be found by visiting the [UNM Mental Health Resources](#) page.

## **Sunday, Sept. 12**

### ***UNM Suicide Awareness Walk***

*10 a.m. to 12:30 p.m. on Johnson Field*

The Suicide Awareness Walk is held to fight suicide, and honor those who we have lost. The walk helps to spread mental health and suicide prevention awareness and donations will support Agora Crisis Center. Anyone within the UNM community is encouraged to bring friends and family to the event.

## **Monday, Sept. 13**

### ***UNM HSC Moment of Silence***

*12 to 12:15 p.m. via Zoom, Presented by Dr. Ziedonis.*

The Moment of Silence is meant to honor those we have lost. This event will be held virtually. To register please go to <https://hsc-unm.zoom.us/j/92380349064>.

### ***Webinar: Beat the Blues–Demystifying Depression***

*11:30 a.m. to 12 p.m.*

This Webinar will be presented by Vanessa Hayes, LPCC and UNM Cars. The webinar will show people ways to cope with depression, treatment options, understanding of depression and how to identify the signs. You can register here: <https://unm.zoom.us/meeting/register/tJwvcO2hrTstGdL9ILBuHkxsJKEoXIBweUv2>

### ***Webinar: Suicide Awareness and Intervention***

*12:15 to 12:45 p.m., Presented by Molly Brack, AGORA Crisis Center.*

In this virtual event, Brack will be addressing the public health issue of suicide, and how we can gain hope while working towards a suicide-safe community. To register, please go to [https://hsc-unm.zoom.us/webinar/register/WN\\_RxbbRQkwSoidTqfTImNwaA](https://hsc-unm.zoom.us/webinar/register/WN_RxbbRQkwSoidTqfTImNwaA).

**Tuesday, Sept. 14*****Self-Care Room***

*10 a.m. to 1 p.m. SUB Sandia Room*

The Self-Care room will be presented by Agora Crisis Center. The Center will be providing a safe space for supportive listening.

***Webinar: Identifying When Someone is in Distress and Responding***

*12:15 to 12:45 p.m.*

This online webinar is meant to help identify some of the physical, behavioral, and emotional signs that show when someone is in distress. The webinar also discusses how to provide support in this situation. The webinar will be presented by Melissa McConnell-Hand, Counselor, Employee-Well Being, UNMH Skin Murphy, Director, Pastoral Care-Spiritual Care and Education Well Being, and UNMH Bob Stice The Clinical Director of Outcomes Inc. To register please go to [https://hsc-unm.zoom.us/webinar/register/WN\\_QsNUHagZQUymdXU\\_oOidbw](https://hsc-unm.zoom.us/webinar/register/WN_QsNUHagZQUymdXU_oOidbw).

**Wednesday, Sept.15*****Self-Care Room***

*10 a.m. to 1 p.m. SUB Sandia Room*

The Self-Care room will be presented by Agora Crisis Center. The Center will be providing a safe space for supportive listening.

***Peer Support (virtual)***

*12:15 to 12:45 p.m.*

This event provides support to those struggling with stressful events. There are many ways to connect with a Peer Supporter. This event will be presented by Raven E. Cuellar, Research Asst, Professor, Elizabeth Lawrence, MD, FACP Associate Professor, Department of Internal Medicine and Director, Office of Medical Student and Physician Wellness (OPSW). To register, please go to [https://hsc-unm.zoom.us/webinar/register/WN\\_PfyAUBKmRw-so5Up8ieC5A](https://hsc-unm.zoom.us/webinar/register/WN_PfyAUBKmRw-so5Up8ieC5A).

**Thursday, Sept. 16*****Webinar: The Impact of Suicide on Healthcare Workers***

*12:15 to 12:45 p.m.*

This webinar will be presented by D. Alisha Parada, Associate Professor, Division of General Internal Medicine and The Department of Medicine. In this Webinar, Dr. Parada discusses how suicide impacts our healthcare workers. Parada also discusses different strategies on individual resiliency.

**Friday, Sept.17*****Self-Care Room***

*10 a.m.to 1 p.m. SUB Sandia Room*

The Self-Care room will be presented by Agora Crisis Center. The Center will be providing a safe space

for supportive listening.

***Webinar: Creating a Safety Plan with Someone in Crisis***

*12:15 to 12:45 p.m.*, Presented by Molly Brack, director and The Agora Crisis Center.

This event shows others how to create a simple safety plan who may be going through a crisis involving anxiety, depression, suicidal thought or any other type of emotional distress. Please Register here: [https://hsc-unm.zoom.us/webinar/register/WN\\_nMm2-QBoRo6oYC7Gzo1XOw](https://hsc-unm.zoom.us/webinar/register/WN_nMm2-QBoRo6oYC7Gzo1XOw)

***Physicians Moment of Silence (virtual and in-person)***

*1 p.m.*

This moment of silence will be dedicated to physicians we have lost. We will honor their memory and remember all the contributions they have made to the health of our community. In-person at the Cloudrift Statue outside of the HSLIC Library\*. Please register for the virtual event at [https://hsc-unm.zoom.us/webinar/register/WN\\_nMm2-QBoRo6oYC7Gzo1XOw](https://hsc-unm.zoom.us/webinar/register/WN_nMm2-QBoRo6oYC7Gzo1XOw).

*\*In-person event subject to change*

***Candlelight Vigil***

*7:45 to 8:45 p.m.*

***Broadcast virtually***

This final event is meant to honor those we have lost in the past. You can attend virtually with a digital candle by [clicking here and downloading the app](#).