



FOR IMMEDIATE RELEASE

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Colorado School of Mines' Chapter of Alpha Phi Omega Unites Golden in Suicide Prevention Because "Silence Isn't Golden"

Week of Suicide Prevention Events is Scheduled for Nov. 4-10 in support of Alpha Phi Omega's National Service Week "Suicide Prevention in the Community"

[GOLDEN, COLORADO, November 4-10, 2018] According to the Colorado Health Institute, Colorado continues to have one of the highest suicide rates in the country with a record 1,175 deaths due to suicide in 2017. The Colorado School of Mines' chapter of Alpha Phi Omega (APO) believes that when it comes to mental health and suicide prevention "Silence Isn't Golden". APO has organized a week of events aimed at uniting the Golden community in conversation to work towards overcoming mental health stigmas and stopping suicide. Events are scheduled throughout the week of November 4-10 in support of Alpha Phi Omega's National Service Week 2018 "Suicide Prevention in the Community". The week will culminate with a community-wide suicide prevention awareness and remembrance walk followed by a mental health wellness fair.

Most events are open to the public and all are free to attend, although pre-registration is requested for some. These events are made possible by the support of numerous community and Colorado School of Mines organizations including, but not limited to, the Counseling Center at Colorado School of Mines, Jefferson Center for Mental Health, Rotary Club of Golden, City of Golden, Colorado School of Mines

Division of Student Life, Be Well at Mines, and Golden High School Source of Strength. The Colorado School of Mines' chapter of Alpha Phi Omega has also organized an online fundraising drive with all funds donated benefiting the American Foundation for Suicide Prevention. More information about APO's National Service Week activities and the online fundraising portal are available at www.aponsw.org.

Alpha Phi Omega is the single most represented co-educational intercollegiate service organization in the United States. With more than 26,000 members on over 375 campuses, APO provides more service on more campuses than any other collegiate service organization. It is the mission of Alpha Phi Omega to prepare campus and community leaders through service. More information about Alpha Phi Omega is available at www.apo.org.

APO has designated the first full week of November as National Service Week (NSW), in order to unify chapters with a national theme, inspire expansion of their service programs and increase the impact they have on the communities they serve. National Service Week for 2018 is November 4-10 with a theme of "Suicide Prevention in the Community".

Schedule of Events

- Change Yo' Stigma
 - 11/3-11/10, Arthur Lakes Library & Golden High School Library (dates TBD for GHS)
 - This is an interactive display designed to help change negative stigmas people have about themselves. Photos show a negative stigma someone feels they have. Participants are invited to post notes on the photos that help neutralize these stigmas.
 - Colorado School of Mines Arthur Lakes Library display is open to the public
- Resource Table
 - 11/5-11/8, 9am-3pm, Colorado School of Mines Student Center
 - A table will be staffed by Mines students/faculty/staff and community members to distribute resources on mental health and suicide prevention and hand out awareness ribbons.
 - Open to the public
- Mindful Monday
 - 11/5, 3pm-3:30pm, Colorado School of Mines Arthur Lakes Library Boettcher Room
 - A 30-minute guided meditation to calm and re-center your mind. Facilitated by Mines students, faculty, and staff. No experience necessary. Come learn the benefits of meditation in YOUR life!
 - Open to the public as a special one-time event
- QPR Training
 - 11/5, 6pm-7:30pm, Colorado School of Mines Hill Hall Room 202
 - 11/8, 6pm-7:30pm, Colorado School of Mines Geology Museum Room 201
 - QPR (Question, Persuade, Refer) Training is the most widely taught suicide prevention gatekeeper training in the world. Participants will learn how to recognize the warning signs of a suicide crisis, how to offer hope, and how to get help and save a life.
 - 11/5 session is open to the public, 11/8 session is just for Mines students
 - 35 people max per session, pre-registration required, must be 18 or older
- Silence Isn't Golden: Let's Talk About Mental Health
 - 11/6, 6pm-7pm, Colorado School of Mines Coulbaugh Hall Room 219

- This is an interactive presentation that will focus on overcoming the stigmas related to mental health and how to have conversations about mental health.
 - Open to the public, recommended 18 or older
- De-stress Yoga
 - 11/7, 6:30pm-7:30pm, Colorado School of Mines Student Center Ballroom C
 - Instructor led class that will teach tips and tricks for using yoga fundamentals to de-stress, with an opportunity to practice them.
 - Open to the public
- *It's Real* Documentary and Discussion
 - 11/8, 2pm-3pm, Colorado School of Mines Coulbaugh Hall Room 131
 - *It's Real: College Students and Mental Health*, an AFSP-produced documentary featuring the stories of six college students from across the country, will be shown followed by facilitated discussion. It encourages students to be mindful of the state of their mental health, to acknowledge and recognize when they are struggling, and to take steps to seek help.
 - Open to the public, but discussion will be geared towards Mines students
- Silence Isn't Golden: Suicide Prevention Awareness & Remembrance Walk
 - 11/10, 10am-11am (check-in starts at 9am), Parfet Park
 - A community-wide walk starting in Parfet Park and ending at Kafadar Commons outside of the CoorsTek building on the Colorado School of Mines campus. The purpose of this walk is to raise awareness about the impact suicide has on the Golden community, promote suicide prevention efforts and conversations, and remember those lost to suicide. Participants will be provided with colored beads to wear that symbolize their connection to this cause.
 - Open to the public, pre-registration strongly encouraged
- Mental Health Wellness Fair
 - 11/10, 11am-12pm, Colorado School of Mines CoorsTek Atrium
 - Booths will be hosted by organizations working to support suicide prevention and mental health and a variety of resources will be made available to participants.
 - Open to the public

For More Information Contact:

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