



Chief Lang hosts TEEN TALKS

The Key Biscayne Fire Rescue Department hosts a monthly educational speaker series focused on parents, teens, and pre-teens to address mental health risks facing our families today.

SOS: Signs of Suicide

A recent survey conducted by the Center for Disease Control found that Americans are suffering from higher level of depression, anxiety, and suicidal thoughts since the pandemic began. This study indicates 25% of people aged 18 – 24 have had thoughts about death by suicide in the last 30 days. Symptoms of depression and anxiety increased by three to four times compared to this same time last year.

Please join us to learn more about these symptoms and what you can do to help others that may be at risk from depression and suicide. The faster we seek help for ourselves or someone we love the sooner we can seek relief and the less impact this will have in our daily life. Key Biscayne Fire Rescue is here to help you, your friends and family.

If you are having thoughts of suicide, please contact the Suicide Prevention Hotline at 1.800.273.8255.

Ana M. Moreno, LMHC, MCAP, CIP

Ana Moreno is Cofounder of R & A Therapeutic Partners. Ana is a psychotherapist, addiction specialist, therapeutic consultant, interventionist and educator based in Miami, Florida, and was the Co-Founder/Clinical Director of Family Recovery Specialists; an intensive outpatient treatment program. Ana began her career at South Miami Hospital's Addiction Treatment Center and has been working in the mental health field for over 18 years. She offers her expertise to the community by offering mental health workshops in English and Spanish, throughout South Florida and nationally.

If you have questions or would like a consultation, please contact Ana at (786) 452-7352, or email at info@therapeutic-partners.com

The first 25 participants to RSVP at info@keybiscaynefoundation.org will receive a free cheese pizza delivered to your door from Sir Pizza compliments of the Tina Dailey Foundation. Please include contact details in your RSVP.

WHEN:

Wednesday,
September 16,
2020
12 p.m.

WHERE:

Zoom App:

<https://zoom.us/j/9815077788>

One Tap Mobile:

19292056099,,9815077788#

Computer / No Zoom App:

1 929 205 6099

Meeting ID: 981 5077 7788

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