



The poster features a dark blue background with a yellow and orange abstract shape in the top left corner. At the top, there are two logos: the CGC (Center for Guidance and Counseling) logo and the Mapúa University Health Services logo. The main title is "A moment of help, A life to save!" in a large, red, cursive font, followed by "A SUICIDE PREVENTION WEBINAR" in a bold, white, sans-serif font. Below the title, the date and time are listed: "DATE: JUNE 26, 2023", "TIME: 1:30 PM", and "VIA ZOOM". The resource speaker is "Ms. NORMA A. BALUCA, RGC" in a red, cursive font, with "RESOURCE SPEAKER" in a smaller, white, sans-serif font below it. A QR code is provided for the Zoom link, with the text "ZOOM LINK:" to its left. The Zoom link is <https://zoom.us/j/95334718708?pwd=VlVqUFlNsL1BYM3ZlYU0ZGSml4Zz09>. The meeting ID is "MEETING ID: 953 3471 8708" and the passcode is "PASSCODE: 061127". An illustration of a person in a yellow and blue outfit, looking distressed with their hand on their head, is positioned on the right side of the poster.

 

A moment of help, A life to save!
A SUICIDE PREVENTION WEBINAR

DATE: JUNE 26, 2023
TIME: 1:30 PM
VIA ZOOM

Ms. NORMA A. BALUCA, RGC
RESOURCE SPEAKER

ZOOM LINK: 

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OBJECTIVES

1. To acquire knowledge about suicide,
2. To recognize warning signs and risk factors that may lead to suicide, and
3. Respond effectively to emotionally distressed individuals to keep them safe.

