

Hi everyone,

My name is Arakel Aristakessian and some of you might already know me from the Pride Center. I am happy to share that I will be leading a presentation on Suicide Awareness.

Given the gravity of the topic and all the emotions that it can surface, participants will not be allowed to join after the session has started. Since people might be disclosing personal experiences relating to suicide, please do your best to log in on time. This is about respecting each other as group members. Once you log on, you will be directed to a virtual waiting room where you will enter your password. I will be admitting participants virtually at 12 pm and will begin the session at 12:30 pm. Thank you for understanding.

#### Resources

- 1 (800) 273-TALK (1-800-273-8255)
- 1 (800) SUICIDE (1-800-784-2433)
- Text HOME to 741741
- Text COURAGE to 741741
- Pride Center has a plethora of resources
  - Go to [glendale.edu/pridecenter](http://glendale.edu/pridecenter) then click “resources” on the left
- If someone is in immediate danger, call 911.  
Better to err on the side of caution than lose someone to suicide.

Please e-mail me with any questions, comments, or concerns at [Pride.GCC@glendale.edu](mailto:Pride.GCC@glendale.edu)

Best,

Arakel Aristakessian, M.S. in Counseling  
(he/him/his)