ruOK?

HOW TO HELP
First, Ask the Question: ruOK?
I am concerned about you...
I have noticed some changes that I am concerned about...
You don’t seem yourself, is everything alright?

LEARN MORE:
How long have you been feeling this way?
How can I help?
Have you considered getting help?
What is keeping you from getting help?

ASSURE THEM:
They are not alone.
It may seem impossible but things will get better and this difficult time will pass.
You care and want to help.

WHAT TO DO:
Be genuine.
Listen.
Be compassionate and empathetic.
Offer hope.
Get help – Offer to help them reach out and access supports and treatment.
If there is an increased risk, call for assistance.
OUR MISSION
Community leaders collaborating to reduce suicide in Berks County through advocacy, education, and the reduction of stigma surrounding mental illness and suicide.

OUR VISION
It is the vision of the Berks County Suicide Prevention Task Force to save lives by eliminating suicide as well as actively working to reduce the stigma of mental illness in Berks County.

Berks County will become a community that is compassionate and willing to embrace and support individuals who are affected by mental health concerns.

The task force will accomplish these goals through education and advocacy to the community.

ABOUT US
The Berks County Suicide Prevention Task Force was established in 2015. The task force is a group of community members with common goals who have come together to focus on the needs of our community so that we can eliminate the stigma of mental illness and put an end to suicide.

Each of the members is a key part of obtaining our goal as they represent a part of our larger community. We believe that suicide prevention is everyone's business

WHAT WE DO
Provide education regarding the topic of suicide and mental wellness through:

• Attendance at health fairs, resource fairs, and wellness events.

• Facilitate presentations regarding the topic of suicide

• Screening of suicide prevention movie and facilitate discussions

CONTACT US
Visit www.ruokberks.com click on the Presentation Request link, complete the form by specifying the type of event you are interested in, complete the form and hit submit.

A representative will contact you regarding your request.

A park bench was dedicated at Gring's Mill Recreation Area, part of the County of Berks Park System, promoting suicide awareness during National Suicide Prevention Awareness Month. A total of 6 benches will be located along the walking trail of the Tulpehocken Creek. We want to come together as a community and show that mental illness is treatable, and suicide is preventable.

Threshold Rehabilitation Services, Inc. donated funds to the Suicide Prevention Task Force from proceeds from the Threshold ruOK? 5K and 1.5 Mile Walks making these benches possible.

The services of the Suicide Prevention Task Force are FREE and available to all Berks County community and civic groups.