Community Outreach

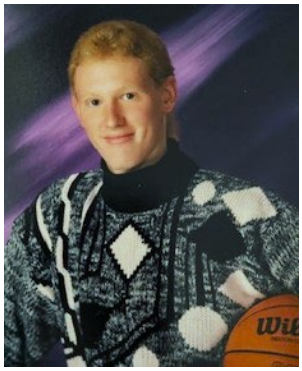
Distribution of Mental Health & Wellness Resources

Andy Tilton – Director – Adam's Story

Email – andytilton454@gmail.com

The Key to Wellness Is to Accept Personal Responsibility for Your Health and Wellbeing

Adam's Story, a Volunteer Advocate, Suicide Survivor Family, working with local, state and federal mental health and wellness agencies throughout Kansas and Missouri. Our purpose and mission are to offer at **no charge** a display for distribution of gathered mental health crisis line numbers, mental health and wellness pamphlets, to include suicide prevention resources like bracelets, magnets, pins, and more pictured here.



Adam Paul Tilton
1973 -1993

NOTE: At no time or under any circumstances do we claim to be medical or mental Health professionals or trained physicalists, nor do we recommend any mental health and wellness provider or agencies.

Our family will upon request and availability, travel to any community, business, church, faith-based group, veterans' group, or committee within a reasonable distance of the Kansas/Missouri area, provide the mention resources with the understanding

The Tilton's Volunteer and are Advocates with Johnson County Mental Health/Suicide Prevention Coalition for past six years.

As a Military Family, we Volunteer, and are Advocates of Veterans Administration Suicide Prevention Outreach and Community Development for the past five years.

that any request for services and resources should meet the following conditions:

1. Meeting Place must be Safe & Secure day or night.
2. Display tables must be provided and presentable.
3. Chairs, if necessary, must be provided.
4. Adult supervision must be provided, children are welcome, but must be cared for.
5. Enough time must be allotted to distribute resources and allow for any Q&A.
6. Refreshments, if necessary, must be provided by you or your community.
7. Recommend 25 to 50 group sizes to accommodate time restraints.
8. Everyone is invited and should expect to leave with several resources.
9. Due to scheduling, we request at least a month in advance for Distribution and Speaking engagement request.
10. If anyone attending might be prone to "Triggers" or have recently experienced the loss of a loved one, please advise a word of CAUTION.

Please direct all questions, requests, and comments to Andy Tilton – Director Adam's Story - **Community Outreach**.

Mental Health & Wellness Training Completed:

Psych Armor Institute:

Grief & Trauma Finding Stability After Suicide Loss

- Barriers to Treatment
- Postvention Healing after Suicide
- 15 Things Veterans want You to know for Healthcare Providers
- S.A.V.E

Living Works Education Inc. Workshop in Suicide Alertness **safe Talk**

Sources of Strength: Highschool Peer Training as an **Adult Advisor**

Email: andytilton454@gmai.com