



Counseling and Psychiatric Services (CAPS)
University Health and Wellbeing
MICHIGAN STATE UNIVERSITY

LIFELINE: CBT SKILLS FOR SUICIDE PREVENTION

MONDAYS

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2-3:30 P.M. ET

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In Person

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**Group begins
January 23**



Register:

Get started at
caps.msu.edu/schedule for
more info, pre-screening and
registration information.



The primary goal of Lifeline is to address suicide. Lifeline focuses on teaching you how to solve problems, manage crises, and think about yourself and your life differently. As you learn these new skills, you will find that you are better able to manage crises in your life. To do this, you, other group members and the group co-facilitators will talk about stressful situations in life and practice new skills to handle these situations differently.

**Facilitator: Karen Stanley-Kime, PhD, LP
Jimmy Bruce, PhD, LP**