



# OCEAN COUNTY LIBRARY

Connecting People ... Building Community...Transforming Lives

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101 Washington St., Toms River, NJ 08753-7625

Telephone: 732-349-6200

[www.theoceancountylibrary.org](http://www.theoceancountylibrary.org)

Susan Quinn, Director

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## **PRESS RELEASE**

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### **Recognizing Teen depression, suicide warning and how to help**

**TOMS RIVER** - Four branches of the Ocean County Library will present “Recognizing Teen Depression, Suicide Warnings and how to Help” in May and June.

The programs, part of the Tools for Teens series, are designed to help a person recognize and respond to signs of depression and other common behavioral concerns. Special focus will be given to risk factors and warning signs for suicide as well as resources that are available to help.

The programs start promptly at 6:30 p.m. at the following branches:

Lacey, 10 East Lacey Rd., Forked River, Monday, May 18, 609-693-8566.

Toms River, 101 Washington St., Tuesday, May 26, 732-349-6200 or 609-971-0514.

Tuckerton, 380 Bay Ave., Monday, June 1, 609-296-1470.

Brick, 301 Chambers Bridge Rd., Tuesday, June 9, 732-477-4513.

The programs are presented by Turning the Tides of St. Barnabas Health Center and funded through a Youth Services Commission Grant for Ocean County Library’s Tools for Teens series.

Free Continuing Education Credits are available for educators and professionals who attend this program.

The programs are free and open to the public. Registration is recommended. To register, telephone the branch, stop by the branch in person, or log onto the library website [www.theoceancountylibrary.org](http://www.theoceancountylibrary.org) .