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Next Generation



with

Yvonne

Tamra

&

Rio

Paper Hope Next Generation Saturday at 1 PM Pacific

August 23rd 2014: Depression Relapse Prevention

A very candid and personal conversation on depression. Show hosts and real life mother daughter, Rio and Tamra discuss their personal experiences with depression and anxiety. Tamra shares her experience with suicide, suicide attempts, treatment and recovery. Tamra will take you through her relapse prevention plan and offer suggestions on how to build your own. Listen with your peers and mentors and have your own conversation about depression and its effects. If you are at risk for harming yourself or others, please seek help immediately. One source: National Suicide Prevention Lifeline [www](#).

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