

My Ascension



Greater Mankato Area
United Way



SUICIDE PREVENTION EVENT COMMUNITY FILM SCREENING & PANEL DISCUSSION

Saturday, September 17
Mankato East High School
Doors: 4 PM • Film & Panel: 4:30 - 7 PM
Register: MankatoUnitedWay.org/Emma22

FREE

A suicide attempt left 16-year-old varsity cheerleader Emma Benoit paralyzed but propelled her on a mission to use her painful experience to help others find hope and stay alive. Following the screening of her powerful 90-minute documentary MY ASCENSION, Emma will speak on her experiences as part of a community Q&A panel. Resources and support will be available.



Event sponsored by the **Todd & Mel Hoffner Family**

Refreshment Sponsor:  **MAYO CLINIC
HEALTH SYSTEM**

Support by:



VOLUNTEERS NEEDED! Visit GetConnected.MankatoUnitedWay.org.
If you or someone you know needs help, call the **Suicide & Crisis Lifeline** at 988
or text **HOME** to 741741 for the **Crisis Text Line**.



SUICIDE PREVENTION EVENT: FILM SCREENING & PANEL DISCUSSION SATURDAY, SEPTEMBER 17, 4-7 PM @ MANKATO EAST HIGH SCHOOL

ABOUT THE FILM

MY ASCENSION: A Documentary Film & Movement to Spread Hope & Fight Suicide

A suicide attempt left 16-year-old varsity cheerleader Emma Benoit paralyzed but propelled her on a mission to use her painful experience to help others find hope and shine more light on the fact 20 young people die every day by suicide in the U.S.

MY ASCENSION is a 90-minute, feature-length documentary that chronicles Emma's inspiring journey and quest to walk again, as she works to bring Hope Squad, a school-based suicide prevention program, to Louisiana. The film also highlights the stories of two remarkable young people who tragically did not survive their attempts. We learn firsthand from their families, friends, school officials and suicide prevention experts about the devastating effects of suicide and what can be done to prevent it. Visit www.MyAscension.us to learn more.

"A must-watch for parents of teens and anyone working with teens." - Candice Feinberg, PSY.D, Executive Director, ROWI Teen & Family Wellness Center

"Emma is on an extraordinary journey, generously sharing her story in this poignant and informative film." - Hilary Blumberg, MD, Professor of Psychiatry, Yale School of Medicine

WHY IT'S IMPORTANT

Suicide is a silent epidemic that is not receiving the attention it deserves. It is the second leading cause of death for people under age 25, and there are approximately 1.2 million suicide attempts every year. The ripple effects of these deaths and attempts devastate millions more. MY ASCENSION spotlights the reality of this ongoing public health crisis and is positively impacting the lives of young people, families, schools and communities by sharing hope, information and best practices that can be replicated around the world. When suicide attempt survivors like Emma share their stories of recovery, it often prevents others from attempting.

WHAT TO EXPECT AT THE EVENT

We are thrilled to welcome Emma Benoit to Mankato to share her experiences at this event sponsored by the **Todd & Mel Hoffner Family** through an initiative by **Greater Mankato Area United Way**. The event is free and open to the public. Register: MankatoUnitedWay.org/emma22.

Doors open at 4 p.m. at Mankato East Auditorium. Light refreshments provided by **Mayo Clinic Health System**. The 90-minute film will begin at 4:30 p.m., followed by a panel discussion. Audience members will have the opportunity to ask questions of Emma and others participating in the panel who have been impacted by suicide. Support and resources will be available.

To volunteer at the event, please contact United Way at 507-345-4551 or register to help by visiting GetConnected.MankatoUnitedWay.org.