

My Ascension



Greater Mankato Area
United Way



SUICIDE PREVENTION EVENT COMMUNITY FILM SCREENING & PANEL DISCUSSION

Wednesday, October 11
South Central College Auditorium
Doors: 12:30 PM • Film & Panel: 1 - 3 PM

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.

SPONSORED BY:



PrairieCare
A Division of Newport Healthcare



**South Central
COLLEGE**

*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

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 welcome suicide attempt survivor and mental health advocate Emma Benoit back to our region to share her experiences at this event sponsored by **Newport Healthcare, PrairieCare and South Central College**, through an initiative by **Greater Mankato Area United Way**.

The 90-minute film will begin at 1 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.

If you have questions, please contact Greater Mankato Area United Way at 507-345-4551.

If you or someone you know needs help, call the Suicide & Crisis Lifeline at 988 or text HOME to 741741. You can also call the Mobile Crisis Team at 507-344-0621.