

Changing the Narrative on Mental Health and Suicide



Presenters:

***Rory Beil, Health Promotion
Director for Clay County Public
Health***

***Karen Nitzkowski, Suicide
Prevention Coordinator, ReThink
Mental Health***

Date: Wednesday, February 28

Time: 10:30 – 11:30 am

**Moorhead Senior Center
Oak Room, Hjemkomst Center
202 1st Ave N, Moorhead**

Participants will:

- Understand the importance of language surrounding Mental Health and Suicide
- Identify risk and protective Factors,
- Feel empowered to respond to someone is distress
- Discuss feelings, beliefs, and attitudes while talking about Mental Health and Suicide

This training was developed by the Suicide Prevention Unit within the Minnesota Department of Health in collaboration with the Minnesota Suicide Prevention Taskforce.