

Your Life
Matters



La Crosse Area Suicide
Prevention Initiative



Join us for three
**SUICIDE PREVENTION
AWARENESS EVENTS**

Wednesday, September 21, 2022 | 6:00 pm – 7:30 pm

Suicide Prevention Awareness Event

Riverside Park, La Crosse, WI

- This event is free and all are welcome to attend
- The evening begins with music by **Dan Sebranek** including a message from mental health therapist **Mary Cortesi**
- Followed by the talents of **LaCrosse Dance Centre** dancers
- View the memorial displays and visit the educational and resource tables
- Enjoy refreshments

Thursday, September 22, 2022 | 8:30 am – 4:30 pm

Suicide Prevention Summit

University of Wisconsin La Crosse, La Crosse, WI

Registration required, scholarships available

- **Dr. Sally Spencer-Thomas (Internationally recognized leader and in-demand speaker)**
Keynote: Workplace Suicide Prevention
Breakout: Innovative Approaches to Men's Mental Health
- **Darla Tyler-McSherry (Founder of Website "Ask in Earnest")**
Keynote: Protecting Your Operation's Most Important Aspect: You (Self-Wellness Strategies)
Breakout: Strategies for Preventing Farm Suicides and for Assisting Those Left Behind
- **Other Breakout Session Topics:** Youth and Adolescent Mental Health, Trauma, Ending Shame and the Presentation and Discussion of the Song "Aftermath" by Duluth Song Writer Laura Seitz

Thursday, September 22, 2022 | 7:00 pm

Community Presentation

Viterbo University, La Crosse, WI

This presentation is free and open to the public.

- **Dr. Sally Spencer-Thomas**, Viterbo D.B. Reinhart Institute for Ethics in Leadership
Presentation: Be a Shining Light of Hope: Everyone Plays a Role in Suicide Prevention