

For Immediate Release



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The Town of East Hartford Youth Services to Host a Series of Events on Suicide Prevention

East Hartford, CT— The East Hartford Youth Services Department will host a series of events during the month of September, which is recognized as Suicide Prevention Month. Suicide is the second leading cause of death for people ages 10-34 in the United States and 10th overall among all ages.

On Sunday, September 14 from 1 to 2:30 PM, East Hartford Youth Services will host a screening of a movie “Suicide the Ripple Effect,” at the Cultural Community Center (50 Chapman Place). The film chronicles the story of Kevin Hines, who at 19 years of age attempted to take his own life by jumping from the Golden Gate Bridge. Today, Kevin is a world-renowned mental health advocate, motivational speaker and author on a mission to use his story to help others stay alive and find recovery. Suggested age for film viewing is 12+ due to the sensitive topic material, however this will be left to parent/guardian discretion. Visit www.easthartfordct.gov to register for the movie screening.

The movie screening will be followed by a panel discussion **from 2:30 to 3 PM** and a Community Wellness Resource Fair **from 2:30 to 4 PM** to learn about supports in the area and how to access help for yourself or others in need.

Simultaneous child care and fun activities will be provided for children, including a reading of "Gizmo's Pawesome Guide to Mental Health" and appearances of Gizmo and Gadget (therapy dogs). “Gizmo's Pawesome Guide to Mental Health” is a fun, flexible, turnkey curriculum for elementary youth that introduces the guide using an animated power point and interactive activities for children. The curriculum strives to help youth, their trusted adults and the settings in which they live, support their mental health and create a greater sense of individual and community connectedness thereby strengthening their mental wellness and reducing their risk of many negative health outcomes, but most importantly poor mental health and suicide.

Refreshments will be served.

For further questions or to reserve a table at the resource fair, please contact East Hartford Youth Services Counseling Coordinator, Kelly Waterhouse at 860-291-7180.