



Mental Health

Monday

FREE Community Event

Monday, September 11th from 7 - 8:30 p.m.

Madelia High School Library

320 Buck Ave SE, Madelia, MN

(Use teacher parking lot/door on northeast side of building)

Topic: Suicide Awareness

- Warning Signs of Suicide
- Discussion about the book and Netflix series, *13 Reasons Why*
- Grief and Coping After a Suicide

Presenters:

Jen Withrow, LICSW
Suicide survivor and
Co-facilitator of the
Survivors of Suicide
Support Group of Mankato

Tammy Ulmen, MA, LMFT
Owner and Therapist
Stepping Stones
Mental Health Center
in Madelia

Marlene Buker, Lay Chaplain
Suicide survivor and
Co-facilitator of the
Survivors of Suicide
Support Group of Mankato

Mental Health Monday Events are held on the second Monday of each month.
Upcoming dates and topics: October 9th - Depression, November 13th - Anxiety

Questions? Call Deidre at 507-642-5210

This Community Event is sponsored by the Madelia Community Based Collaborative, a local group comprised of volunteers from: Madelia Community Hospital & Clinic, Minnesota State University, Mankato School of Nursing, Glen Taylor Nursing Institute for Family & Society, Watonwan County Human Services, University of Minnesota Extension, Statewide Health Improvement Program, Luther Memorial Home, Madelia Ministerial Association, Madelia School District, and Tony Downs Food Group.