

A Special Mental Health Monday Event...

Suicide & Grief

Community and Family Conversations

Monday, February 13th

7 - 8:30 p.m.

Faith Lutheran Church,
306 Abbot Ave SW, Madelia, MN

▪ *Small Group Discussions*

▪ *Resources for Help* ▪ *Panel Discussions*

FREE event for Madelia-area residents

Topics Include:

- Dealing with feelings of guilt, shame and blame
- How to support someone who has lost a loved one to suicide
- Advice on talking with children and young people about suicide
- How to ask for assistance from an understanding friend, family member or support group
- Available resources

Staff will be in attendance from:

MCBC Mental Health Taskforce • Mankato Mental Health Associates, P.A. • Sioux Trails Mental Health Center • South Central Mobile Crisis Team • Suicide Survivor Support Group in Mankato • Watonwan County Human Services

Questions? Call Deidre at 507-642-5210



This Community Event is sponsored by *Faith Lutheran Church* and the *Madelia Community Based Collaborative (MCBC)*. MCBC is 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, Mankato Mental Health Associates, and Tony Downs Food Group.