



## “13 Reasons To Hope”

### Education & Discussion of Suicidal Ideation & Mental Health Issues



Wednesday, May 24th

7:00 pm - 8:30 pm

Room 111 / Gather Area

In response to the Netflix show, “13 Reasons Why,” the focus of this session will be education and discussion about appropriately dealing with mental health issues, **suicidal ideation**, particularly in high school and middle school aged youth, and other issues presented in the show. Topics to be discussed include recognizing signs of suicidal ideation or mental health issues, how to talk about these issues from a teen and parent perspective, when to ask for help and the appropriate resources to do so, and measures teens and parents can take to foster hope and health with their friends and families.

This event is intended for high school teens and parents of middle school and high school aged children. **Middle school students may attend if at least one of their parents/guardians is present.** High school students may come with or without their parents.

If you have any questions, please contact Colleen at [Colleen.mmft@gmail.com](mailto:Colleen.mmft@gmail.com) or by phone at 615-373-0704.

Hosted by  
Life Teen & Colleen Halfmann, Counselor



Parents, Teens, and  
anyone working with youth  
are encouraged to attend!