

# MDH Regional Listening Sessions

**PLEASE JOIN US FOR A REGIONAL LISTENING SESSION IN YOUR AREA!**

The Mental Health and Suicide Prevention Unit of the Minnesota Department of Health (MDH), in collaboration with the Minnesota Suicide Prevention Taskforce, is inviting community members to help shape the next Minnesota State Suicide Prevention Plan. This plan helps guide the priorities and strategies of MDH, partner state agencies, and the Minnesota Suicide Prevention Taskforce, shaping how we work together and where we focus our efforts to support mental health and suicide prevention in Minnesota

## What are regional listening sessions?

Listening sessions are open community conversations held in different regions across the state. They are designed to gather input from a wide range of perspectives about mental health and suicide prevention. This can include community members, service providers, leaders, and people with lived experience.

Each listening session will:

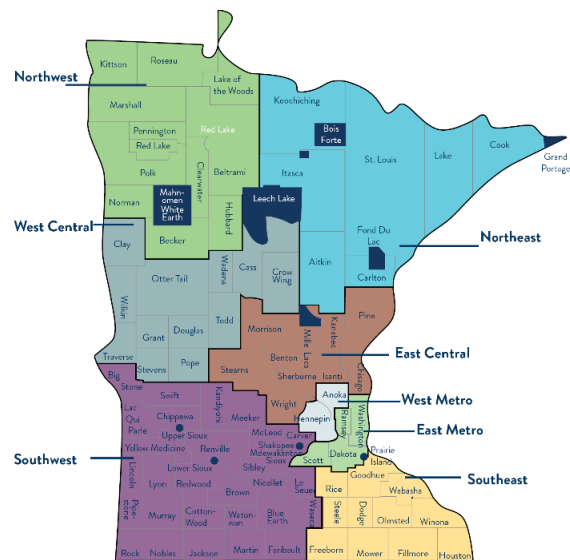
- Be held within a region.
- Last about 2 hours.
- Include group discussion guided by a facilitator.
- Focus on community priorities, needs, strengths, and ideas.

## Who should participate?

We welcome participation from:

- Community members and leaders.
- People working in public health, healthcare, mental health, social services, education, faith communities, youth programs, and other sectors.
- People with lived experience related to mental health challenges or suicide (personal or through loved ones).

### State Plan Listening Session Regions



## What can I expect from the listening session?

Participants will be invited to share:

- Their priorities for suicide prevention in their community and across Minnesota.
- Barriers and challenges to getting support.
- Ideas for how the Taskforce and partners can build community capacity to strengthen prevention efforts.

The feedback from all sessions will be:

- Summarized without names or identifying information.
- Shared with the Minnesota Department of Health and Minnesota Suicide Prevention Taskforce.
- Used to inform planning, and strategies moving forward.

## How to register

Register for a regional listening session at [Regional Listening Session Registration Form](https://forms.office.com/pages/responsepage.aspx?id=RrAU68QkGUWPJricIVmCjFj8n_PQmhhCjptcScYqAIVUQ1dQM0dENDNBODFBV1IOWThZSkJUSjNSOC4u&route=shorturl)

([https://forms.office.com/pages/responsepage.aspx?id=RrAU68QkGUWPJricIVmCjFj8n\\_PQmhhCjptcScYqAIVUQ1dQM0dENDNBODFBV1IOWThZSkJUSjNSOC4u&route=shorturl](https://forms.office.com/pages/responsepage.aspx?id=RrAU68QkGUWPJricIVmCjFj8n_PQmhhCjptcScYqAIVUQ1dQM0dENDNBODFBV1IOWThZSkJUSjNSOC4u&route=shorturl))

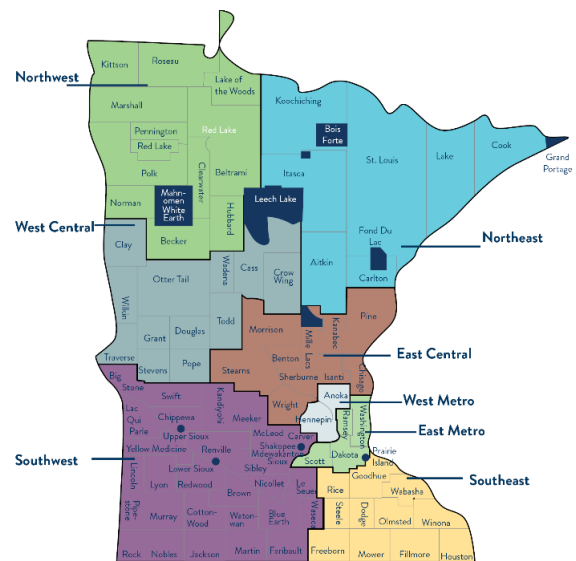
## When are the listening sessions?

- **East Central:** March 24, 2026 | 10:30 a.m. – 12:30 p.m.
  - Great River Regional Library (Bremer 104)
  - 1300 West St. Germain Street, St. Cloud, MN 56301

## Draft agenda

- Welcome, introductions & group agreements
- Purpose, use of information
- Overview
- Small-group conversations (Rounds 1–4)
- Break
- Small-group conversations (Rounds 5–8)
- Reflection & key takeaways
- Closing & resources

State Plan Listening Session Regions



**Learn more:** Current [Minnesota State Suicide Prevention Plan](#)

**Questions?** Contact: [health.suicideprev.taskforce@state.mn.us](mailto:health.suicideprev.taskforce@state.mn.us)

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