

# EAST CENTRAL SUICIDE PREVENTION

BUILDING HOPE, CONNECTION, AND RESILIENCE

## Upcoming Events

### Mora Rocks the Park

Open Ice Skating, Music, Pizza, & Hot Cocoa! Bring your skates & friends.

**Mar 9 3-4:30 PM - Mora Civic Center**

### Mora Rocks the Park

Free screening of Encanto with a free popcorn & soda! Doors open at 3:30pm.

**Mar 9 at 4 PM - Paradise Theater**

### It's Complicated: Children, Screens, & Mental Health

Covers screen time, cyberbullying, & healthy digital habits, & share practical tips to keep kids safe online.

**Mar 12 - Mora Elementary Music Room**

**Session 1 at 5 PM; Session 2 at 6 PM**

### PICK'M Up Suicide Prevention Coalition Meeting

The PICKM Up Suicide Prevention Coalition brings partners together to promote mental health & prevent suicide.

**Mar 20 at 9 AM - Virtual**

If you have events that you would like added to future newsletters, please reach out to me.

## Suicide Prevention Coordination

Suicide Prevention Regional Coordinators partner with individuals, organizations, and communities to support caring, community-led efforts that promote connection, hope, and prevention.



## Join the Conversation on Mental Health in Minnesota

The Minnesota Department of Health's Mental Health and Suicide Prevention Unit, in partnership with the Minnesota Suicide Prevention Taskforce, invites community members to help shape the next Minnesota State Suicide Prevention Plan through focus groups and regional listening sessions.

Focus groups are small, structured conversations with priority populations that provide in-depth insight into lived experiences, while listening sessions are open community discussions designed to gather broad perspectives, strengths, and priorities from across Minnesota. Together, these conversations help guide statewide mental health and suicide prevention efforts. (Information Attached)

**EAST CENTRAL CRISIS SERVICES**  
Chisago, Isanti, Mille Lacs, Kanabec & Pine Counties

(800)523-3333

*We are here to help, 24/7*



**988**

**SUICIDE & CRISIS LIFELINE**

## Healing Happens In Communities

- \* Listen without judgement
- \* Use respectful language
- \* Check in on others
- \* Learn warning signs
- \* Normalize therapy and support
- \* Talk openly about mental health
- \* Encourage kindness and inclusion
- \* Support help-seeking behavior

*“The greatness of a community is most accurately measured by the compassionate actions of its members” - Coretta Scott King*

## How To Have the Conversation



Learn how to identify people who may benefit from lethal means counseling & work with them to reduce access to lethal methods.



An empowering approach to using language & conversation to foster hope & resilience around mental health & suicide.



Designed to teach how to recognize the warning signs of a suicide crisis & respond appropriately.



Helps community members feel confident starting supportive conversations about mental health.



## MN Suicide Prevention Conference: Call For Exhibitors

The inaugural Minnesota Suicide Prevention Conference takes place May 6–8, 2026, in Duluth. Exhibitor space highlights organizations offering mental health and prevention supports in a non-sales environment. Reserve your exhibitor space today.

**Applications Due Apr 3 - Apply Here**

*May our community move forward with peace, courage, and care.*

*Thank you for helping to create a place where everyone feels safe to be heard.*

