

# EAST CENTRAL SUICIDE PREVENTION

BUILDING HOPE, CONNECTION, AND RESILIENCE

## Upcoming Events

### Mora Rocks the Park

Flyer attached

**Thursdays in June at 3 PM**

### NAMI Beyond the Baby Blues

Registration & Info [here](#)

**June 2 at 9-3 - Minneapolis  
American Swedish Institute**

### East Central MN Pride

21st Annual Pride in the Park

Flyer attached & more info [here](#)

**June 6 11-5 - Pine City  
Robinson Park**

### 3rd Annual Youth Outdoor Experience

Registration & Info [here](#)

**June 13 at 9 AM - Harris  
Gopher Rifle & Revolver Club**

### 2nd Annual Family Fun Day

Flyer attached

**June 14 at 12-3 PM - Milaca  
American Legion**

### Camp Invention - Mille Lacs Area

Registration & Info [here](#)

**June 15-19 - Isle  
Isle Recreation & Education Center**

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.



## Mental Health for Every Identity

June recognizes both Men's Mental Health Month and Pride Month. Both are important reminders that mental health matters for everyone. Men and LGBTQ+ individuals can face unique challenges, including stigma, isolation, pressure to hide emotions, or barriers to seeking support. Creating safe, supportive, and inclusive communities can make a meaningful difference.

This month is a reminder to check in with one another, encourage open conversations about mental health, and help reduce stigma around asking for help. Small actions like listening without judgment, reaching out to a friend, or sharing resources can help people feel seen, supported, and connected.

If you or someone you know is struggling, call or text 988 to reach the Suicide & Crisis Lifeline for free, confidential support 24/7.

**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**

## Mental Health Resources

- \* 988 Hotline
- \* Crisis Textline: 741741
- \* Mobile Crisis: 800-523-3333
- \* Recovering Hope: 844-314-HOPE
- \* Central MN Sexual Assault: 800-237-5090
- \* Wellness In The Woods: 844-739-6369
- \* Therapeutic Services Agency: 320-629-7600

*“Mental health is something we all need to talk about, and we need to take the stigma away from it. So, let’s raise awareness. Let’s let everybody know it’s okay to have a mental illness and addiction problem.” –Demi Lovato*

## Importance of Third Spaces



Third spaces are places outside of home and work where people can connect and build relationships.



Strong social connection and a sense of belonging are protective factors that support mental health and help reduce suicide risk.



Opportunities for casual conversations, peer support, & community involvement, which can help reduce feelings of loneliness.



Inclusive and welcoming community spaces can help people feel seen, valued, and supported.

## Registration is Open:

Join the PICK’M Up Suicide Prevention Coalition for their 2nd Annual Suicide Prevention Awareness Community Walk on September 19, 2026 at Mora High School. Together, we can raise awareness, support one another, and continue building a stronger, more connected community across Pine, Isanti, Chisago, Kanabec, and Mille Lacs counties.

[Register 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.*

