

Learning from lived experience of those with suicidal thoughts

Join us for a two-part interactive workshop series: Reduce stigma by discussing lived experience and the systems meant to support individuals

(Although encouraged, attendance at all sessions is not required)

April 10, 2024 - 10 am to 11 am

❖ Why We Didn't Tell You: Adult

- History of CT Suicide Advisory Board and the current state of our mental health system
- Research findings and assessment fatigue
- Personal stories and the importance of hope

April 17, 2024 - 10 am to 11 am

❖ Why We Didn't Tell You: Youth

- Teens' thoughts on suicide and getting help
- Suicidal thoughts and self-harm rates in teens
- Therapeutic activities (Color Your Heart, Play Therapy Breathing, Bi-lateral Stimulation & Butterfly Hug)



Click here to register!

Presenters: CTSAB Lived Experience Committee



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Director of Peer Initiatives,
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If you have any questions, please contact Lynn Kelley @ lynn.kelley@carelon.com.