

NEWS RELEASE

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For more information, contact: Cheri Farris, 308-220-8020 or cfarris@pphd.ne.gov

Garden County Unites for Hope Walks Here

Garden County Suicide Prevention Coalition, and Garden County Schools, and Panhandle Public Health District are partnering to recognize September as National Suicide Prevention Awareness Month with the second annual Hope Walks Here Community Walk event to raise awareness of suicide and promote suicide prevention and share available resources. The walk will take place at the Garden County High School track at 7:00 p.m. Friday, September 13. There is no registration fee or charge to walk, but free will donations are gratefully accepted. Proceeds raised will support future mental health and suicide prevention activities and the Garden County Hope Squad.

There will be activities for all ages including a rock painting station, glowing jugs for honoring those we've lost to suicide, chalk painting, walking the track, and more. Last year, the community came together for this important event. All are invited to come together to unite around this important topic. Please join us.

Hope Squad is a peer-to-peer suicide and bullying prevention program that works to reduce suicide through public awareness and education. The goal of Hope Squad is to destigmatize mental health issues so young people feel more comfortable asking for help in times of need. Hope Squad members are trained to be aware of their peers and watch for warning signs. They learn to show empathy to their peers, listen without judgment, and reduce stigma regarding help-seeking and mental illness. Garden County Middle and High Schools are one in nine schools in the area participating in Hope Squads.

Suicide is more common than you might think and affects all ages. Suicide is the 11th leading cause of death in the US. It was responsible for more than 49,000 deaths in 2022, which is about one death every 11 minutes. Even one person lost to suicide is too many.

Panhandle Public Health District offers ongoing QPR (Question, Persuade, Refer) Suicide Prevention webinars. Our goal is to ensure that everyone living in the Panhandle has the tools to have the essential conversation with someone in crisis and knows what to do to refer to help. The next monthly QPR webinar training is Wednesday, September 14 at noon. Register here: <https://tinyurl.com/2p8kb837> Or contact Cheri Farris at 308-220-8020 or cfarris@pphd.org to schedule a webinar or in-person training for your group or organization.



Credible Mind, a leading provider of vetted digital mental health resources, has collaborated with PPHD. CredibleMind is a leading digital platform designed to enhance mental health and wellbeing for individuals aged 13 and up, offering a wide range of expert-vetted resources, tools, and apps. With specialized content for teens, college students, and adults, CredibleMind provides tailored support to help manage stress, anxiety, and other mental health challenges. The platform also includes resources for younger children, encouraging parents to guide and supervise their use to ensure a safe and supportive experience. CredibleMind empowers users to take charge of their mental health journey, fostering resilience and wellbeing across all age groups from self-care supports and beyond. For more information, please reach out to tprochazka@pphd.ne.gov

988 National Suicide & Crisis Lifeline. It's now easier to remember the three-digit number 988. Contact the 988 Suicide and Crisis Lifeline if you are experiencing mental health-related distress or are worried about a loved one who may need crisis support.

- Call or text 988
- Chat at 988lifeline.org

Connect with a trained crisis counselor. 988 is confidential, free, and available 24/7/365. Visit the 988 Suicide and Crisis Lifeline for more information at 988lifeline.org. Veterans can also dial 988 and press 1 to be connected to a specially trained responder.

Suicide Loss Support Groups. Support groups are available virtually Panhandle-wide. Everything shared within the group setting is confidential, and the facilitators have lost someone to suicide, too, so they know the pain, questions, and complexity of losing a loved one to suicide. They are there to support others along the journey with empathy and nonjudgment. If you'd like more information or support following a suicide loss, please reach out to Liz Imacdonald@pphd.ne.gov

We can all help prevent suicide. Every year, the Lifeline and other mental health organizations and individuals across the U.S. and around the world raise awareness of suicide prevention during September. Suicide is a topic that can be difficult to think about and talk about. That's why we use this month to spread hope and vital information to anyone affected by the tragedy of suicide. Our goal is to ensure that everyone living in the Garden County area has access to the tools, resources, and information needed to talk about preventing suicide and to seek help if needed.

Please consider joining the second annual Hope Walks Here Community Walk. If you have any questions, please call 778-6973 or 778-7117. Together we can do more to stop suicide.

For more information or to get involved, contact Cheri Farris at 308-220-8020 or cfarris@pphd.ne.gov

Panhandle Public Health District is working together to improve the health, safety, and quality of life for all who live, work, learn, and play in the Panhandle. Our vision is that we are a healthier and safer Panhandle Community.