



UPLIFTING NEWS

Coming Together for Suicide Prevention

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Written by Cole Schenck || Edited by Megan Flood and Jing Wu

The evening was exciting as members of The MindReset attended the Out of the Darkness Kickoff Party with the American Foundation for Suicide Prevention (AFSP). There was beautiful weather and tasty snacks, but best of all, there was the opportunity to engage with new individuals with similar passions.

The rooftop of 440 First Street was an ideal place to host this event. What drew them to the event. Many different backgrounds were represented in the group, including a poet, podcaster, and fashion designer, but all there for the same reason: destigmatizing mental illness.



The MindReset members and their new friends continued to chat well past the end of the event. Everyone agreed that in the future they wanted to continue the conversation by learning about each other's passions and goals. Overall the event was an amazing opportunity to build community and discuss ways to continue destigmatizing mental illness.

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