

# Prosper Parents' Panel for Suicide Prevention: Hurting, Helping and Healing

There's no easy way to say it... It's been a hard time in Prosper recently, and many people are asking important questions.

- Why are people hurting so badly?
- How can we know who is hurting and how to help them?
- What can we do to support someone who has lost a loved one?
- Why do I feel so rocked by lives lost so close to home, and what can I do to feel better while also making sure my own family members are ok, too?
- What resources are available in our community that can make a difference and positively impact our lives and the lives of those we love?
- How can we each make this community, including ourselves and our own families, healthier and happier?

This special event comes at a time when many have felt the impact of recent lives lost in our community. We want to honor those who are missed, support their loved ones, and bring awareness to an area of mental health that often is silent but certainly impacts the majority of us in many ways.

The Town of Prosper, Prosper ISD, Prosper mental health professionals, first-responders, and loved ones directly impacted by suicide will come together to provide a panel discussion for our Prosper community. We will come together in a way that can bring awareness and change as we engage in the process together of hurting, helping, and healing from the impact of suicide.

Don't miss this incredibly important event... lives can be saved because of your attendance!

**When: Thursday, November 15<sup>th</sup> 6:30-8:00pm**

**Where: Town Hall Council Chambers**

***No RSVP required. Spread the word to all you know!***

\*On-the-spot support by SMU Masters of Counseling interns will be available during and after the event for those who may need to speak to someone, and referrals will be provided to all for future resources.