

Changing the Narrative on Mental Health and Suicide

Tuesday, October 22, 2024

Noon-1 p.m.

Topic:

Talking about mental health and suicide can be an uncomfortable and uncertain topic that can bring up different feelings, beliefs, and attitudes for everyone. Changing the Narrative on Mental Health and Suicide empowers conversations to start in the hopes of changing perceptions of mental health toward hope and resilience.

Presenters:

Jenilee Telander is a Suicide Prevention Coordinator with the Minnesota Department of Health. She works with healthcare and behavioral health systems across the state, implementing the Zero Suicide framework, and manages community grants.

Wil Sampson-Bernstrom (he/they) is a Suicide Prevention Coordinator at the Minnesota Department of Health. Their work includes community grant management and youth suicide prevention. Wil previously worked as the Regional Suicide Prevention Coordinator for Central Minnesota.

Who should participate/Audience:

Anyone who is looking to learn more about mental health and suicide prevention.

Objectives:

- Participants will understand language when talking about mental health and suicide.
- Participants will be empowered to have conversations about mental health and suicide.
- Increased ability to identify someone thinking about suicide.

CEU - Participants should contact their relevant licensing board to determine if this program will meet continuing education requirements and CEU values.

This webinar is free, but space is limited, click here to [Register](#).

This webinar is presented by a collaboration of Minnesota health plans with a focus on improving care for people with co-occurring diabetes and depression in Minnesota. Thank you to Blue Plus, HealthPartners, Hennepin Health, IMCare, Medica, PrimeWest, South Country Health Alliance, and UCare for their commitment to this issue.



All webinars will be posted on the [Health Plan Performance Improvement Project website](#).