



1




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Our Service Area

8 COUNTIES:

Brown Nicollet
Carver Renville
McLeod Sibley
Meeker Wright



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Our Board



TAMMY DIEHN
FOUNDER/EXEC. DIRECTOR



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CHAIRPERSON



DARLENE SCHMIDT
VICE CHAIRPERSON



JAYME KRAUTH
SECRETARY



MELANIE KING
TREASURER



DR. KRISTEN BUDAHN



JESSE GRAN



MOLLY HEIMERL

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Our Staff



TAMMY DIEHN
FOUNDER/EXEC. DIRECTOR



MELISSA BERGET
TMHFA COORDINATOR, INSTRUCTOR
YMHFA INSTRUCTOR



ANDREA KOLLER
ADMIN SUPPORT &
COMMUNITY OUTREACH SPECIALIST



MARIAH LENZ
TMHFA INSTRUCTOR



BETH OSLUND
TMHFA & YMHFA INSTRUCTOR




CHRISTINE PASSIG
MEDIA & MARKETING SPECIALIST



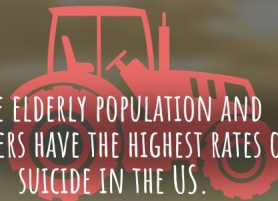
EMILY SCHWARZKOPF
TMHFA INSTRUCTOR




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132
DIE BY SUICIDE EVERY DAY IN THE US
(THAT'S ABOUT 1 EVERY 11 MINUTES)





THE ELDERLY POPULATION AND
FARMERS HAVE THE HIGHEST RATES OF
SUICIDE IN THE US.




835
MINNESOTANS TOOK THEIR
OWN LIFE IN 2022

42% OF HS STUDENTS
REPORTED PERSISTENT FEELINGS OF
SADNESS OR HOPELESSNESS IN 2021








MORE THAN 1/2 OF ALL SUICIDES IN
MINNESOTA OCCUR IN RURAL COUNTIES,
EVEN THOUGH DENSEST POPULATION
LIVES IN 7-COUNTY METRO AREA



Statistics provided by US Surgeon General, MN Department of Health, CDC, American Foundation for Suicide Prevention, and QPR Institute.

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But it's not the statistics that
make suicide real,
it's when you love one of the
numbers.

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Community Outreach

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No te rindas
2B CONTINUED.ORG 988 LINEA DE PREVENCIÓN DE SUICIDIO Y CRISIS

There is hope.
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BE A BETTER HUMAN

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Suicide Loss Bereavement Support

SUICIDE LOSS SUPPORT GROUP

BEREAVEMENT PACKETS

Together We Can Make a Difference!

"A support group helped me so much when I was new to my grief in the loss of my oldest son. It has become my passion to help others in the dark days of their grief...I want to help others and share that there is hope."

Michele Reno, Support Group Facilitator & Suicide Loss Survivor

Bereavement Care Packets

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Training We Provide

Mental Health FIRST AID
from NATIONAL COUNCIL FOR MENTAL WELLBEING
adult/teen/youth

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Tammy Diehn
Instructor - Adult MHFA

Melissa Berget
tMHFA Coordinator, Instructor
YMHA Instructor

Mariah Lenz
tMHFA Instructor

Beth Oslund
tMHFA Instructor
YMHA Instructor

Emily Schwarzkopf
tMHFA Instructor

3M Science. Applied to Life.
Hutchinson Health

Glencoe REGIONAL HEALTH
m DEPARTMENT OF EDUCATION

10



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Education in Schools

Teen Mental Health First Aid

INSTRUCTORS



MELISSA BERGET
TMHFA Coordinator
tMHFA & YMHFA Instructor



MARIAH LENZ
tMHFA Instructor



BETH OSLUND
tMHFA & YMHFA Instructor



EMILY SCHWARZKOPF
tMHFA Instructor

WE WILL BE IN

16 SCHOOLS

IN THE '23-'24 SCHOOL YEAR!

 BOLD HS

 Buffalo Lake Hector Stewart HS

 Central HS

 Eden Valley Watkins HS

 Glencoe Silver Lake HS

 Howard Lake Waverly Winsted HS

 Hutchinson HS

 Lester Prairie HS

 Mayer Lutheran HS

 New Ulm Cathedral HS

 St. Peter HS

 Sibley East HS

 Sleepy Eye HS

 Springfield HS

 Waconia HS

 Watertown-Mayer HS

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Training Day






2B CONTINUED TRAINING DAY





HELD ANNUALLY IN JUNE

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Annual Continuing Ed Conference

**SUICIDE PREVENTION AND MENTAL HEALTH
CONTINUING EDUCATION
CONFERENCE**

**TARGET AUDIENCE: TEACHERS, COUNSELORS, SOCIAL
WORKERS, NURSES, LAW ENFORCEMENT, CLERGY, ETC.**



Sept 26, 2023
8am-4:30pm
Glencoe City Center



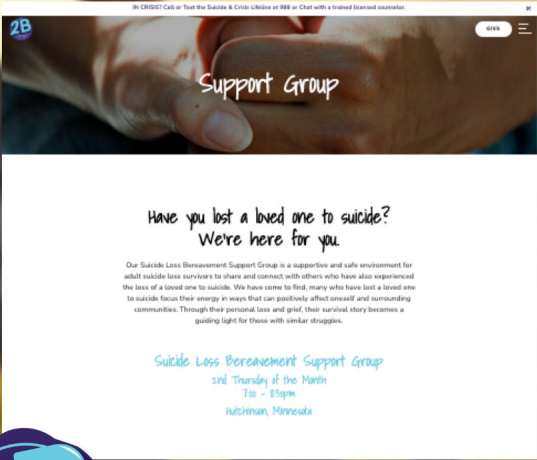

Care. Connect. Create.

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Resources

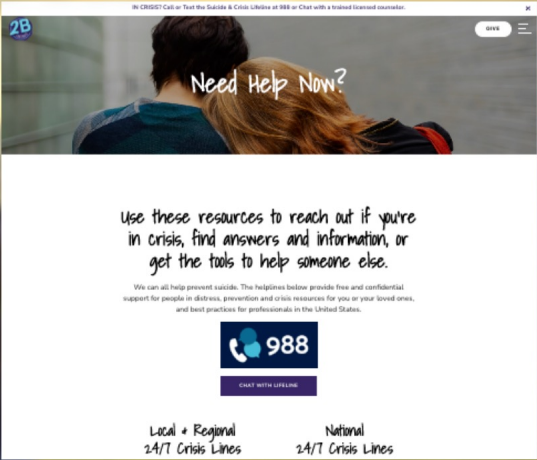


Support Group

Have you lost a loved one to suicide?
We're here for you.

Our Suicide Loss Bereavement Support Group is a supportive and safe environment for adult suicide loss survivors to share and connect with others who have also experienced the loss of a loved one to suicide. We have come to find, many who have lost a loved one to suicide focus their energy in ways that can positively affect oneself and surrounding communities. Through their personal loss and grief, their survival story becomes a guiding light for those with similar struggles.


Suicide Loss Bereavement Support Group
2nd Thursday of the Month
7:00 - 8:30pm
Hutchinson, Minnesota



Need Help Now?

Use these resources to reach out if you're in crisis, find answers and information, or get the tools to help someone else.

We can all help prevent suicide. The helpline below provides free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.




988




TEXT WITH US

Local + Regional
24/7 Crisis Lines


National
24/7 Crisis Lines



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2B CONTINUED PRESENTS
dancing like the stars

Annual Gala to Benefit Suicide Prevention & Mental Health Awareness



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A poster for a "BIKE RUN" event. The background is a scenic view of a road stretching into the distance under a sunset sky. On the right, a purple motorcycle is shown from the front. A winding line labeled "THE ROUTE" connects three points: 1. Kingpin PUB, Plato; 2. SCHUETTE'S ICE CREAM SHOPPE, Henderson; 3. GETAWAY MOTOR CAFE, Carver. A star at the top of the route is labeled "FATBOYZ New Germany". In the top left corner is a QR code. The 2B CONTINUED logo is in the bottom left. Social media icons for Facebook, Instagram, and LinkedIn are next to the website and email information.

THE ROUTE

BIKE RUN

Saturday, Sept 9, 2023
FATBOYZ IN NEW GERMANY, MN

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A poster for "Legends of the Opry" event. The background is a light beige gradient. On the left, a purple gear-shaped logo says "TICKETS ON SALE SEPT 1ST!". Below it is a QR code. The main text reads "2B CONTINUED PRESENTS Legends OF THE Opry A LIVE MUSICAL TRIBUTE". Below that, it says "VILLAGE HALL | NEW GERMANY" and "NOVEMBER 18, 2023 TWO SHOWS, 1:00PM & 7:00PM". The 2B CONTINUED logo is in the bottom left. Social media icons for Facebook, Instagram, and LinkedIn are next to the website and email information.

2B CONTINUED PRESENTS

Legends OF THE Opry

A LIVE MUSICAL TRIBUTE


VILLAGE HALL | NEW GERMANY

NOVEMBER 18, 2023

TWO SHOWS, 1:00PM & 7:00PM

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**We care for you
like family**

LOCATIONS CLOSE TO HOME

**2023
PREMIER
SPONSOR**

GLENCOE HOSPITAL
1805 Hennepin Ave. N.
EMERGENCY ROOM
Open 24/7
Certified trauma center with advanced life support and ambulance service.

URGENT CARE
Daily 8 a.m. to 7:30 p.m.
Walk-in care, no appointment needed. Open weekends and holidays!

GLENCOE CLINIC
1805 Hennepin Ave. N.
Monday – Friday 8 a.m. to 5 p.m.

LESTER PRAIRIE CLINIC
1024 Central Ave.
Monday – Friday 8 a.m. to 5 p.m.

STEWART CLINIC
300 Bowman St.
Monday – Friday 8:30 a.m. to 5 p.m.

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REGIONAL HEALTH

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**We care for you
like family**

LOCATIONS CLOSE TO HOME

**2023
PREMIER
SPONSOR**

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3M Science. Applied to Life.™

**2023
PREMIER
SPONSOR**

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"2B CONTINUED helps our EAP staff train in Mental Health and Wellness, along with Suicide Prevention. They have great outreach and 3M Hutchinson is proud to be a sponsor!"

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Together we can make a difference!

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