Join us for

Changing the Narrative on Mental Health and Suicide



Come join us for an interactive dialogue to learn how to have healthy conversations about mental health and suicide.

Talking about mental health and suicide can be an uncomfortable and uncertain topic that brings up different feelings, beliefs and attitudes for everyone. *Changing the Narrative* is an interactive conversation that empowers participants to change perceptions of mental health toward hope and resilience.

Objectives:

1. Understand appropriate language about suicide and mental health.
2. Be empowered to have healthy conversations around mental health and suicide.
3. Identify risk and protective factors associated with individuals at risk.
4. Recognize signs for people at risk.

A certificate of participation will be emailed after the event.



Presenter:
Erin Schwab, Health Educator
Erin is a health educator and planner for Brown County Public Health and a Certified Prevention Professional. She is deeply passionate about promoting the health and well-being of all community members and strives to understand and respond to the unique needs of the communities she serves. Through education and advocacy, Erin works to empower individuals and strengthen community well-being.

Thurs. Sept. 17, 2026
11:30 a.m. – 1 p.m.

Cost: Free

Location:
New Ulm Country Club
1 Golf Dr, New Ulm

Lunch:
Order from the menu at your own expense

Register by Sept. 14 at:
tinyurl.com/NarrativeNewUlm

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Brown County Mental Health and Wellness Action Team

Brown County Yellow Ribbon
Suicide Prevention Program