VITAL CONNECTIONS PROJECT

# WHY WE DIDN'T TELL YOU: LEARNING FROM LIVED EXPERIENCE OF THOSE WITH SUICIDAL THOUGHTS

**Thursday,**
**November 5, 2026**
**6:00 PM - 7:30 PM**

**HYBRID**
**Join virtually via Google Meet OR**
**In-person at Wallingford Board of Ed.**
**4 Fairfield Blvd, Wallingford, CT**

**Scan the QR code or CLICK HERE to register**

This program aims to reduce the stigma of suicide by encouraging frank, open dialogue about the reasons youth, teens, and adults may not disclose suicidal thoughts or intent. Through published research and personal stories from survivors, participants will gain insight from individuals with lived experience, deepen their understanding of the emotional, interpersonal, and practical barriers to help-seeking, and learn strategies – including therapeutic and community-based approaches – that can increase connection, honesty, support, and healing.



**Grace Grinnell, RSS**
Suicide Education & Support
Program Associate
NAMI Connecticut



**Valerie Lepoutre, RSS**
Director of Peer Initiatives,
Education & Training
NAMI Connecticut



**Steve MacHattie, LCSW, RPT™**
Licensed Clinician and Owner
Charter Oak Family Center, LLC
Marine Veteran

NAMI National Alliance on Mental Illness Connecticut
Here for CT

**Sponsored by the CT Partnerships for Hope and Healing Youth Suicide Prevention Initiative (SM086113).**

**Free resources and confidential support available. Scan for more information:**

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A program of BHcare