

Thank you so much for supporting the, "Suicide Prevention Awareness Night". The importance of breaking down stigmas of depression and suicide is vital for people in our community to feel comfortable to reach out and ask for help when they or someone they love need help.

The T-Shirts for the athletes serves as a vessel of breaking down stigmas through repeated exposure to the community. Each of these athletes will wear their shirt numerous times into the community. Each time they do, people will see it as a sign that it's ok to acknowledge suicide is a problem in our community and it is safe to talk about it in order to get resources and help. Another undisclosed success of wearing the shirts is that individuals that may possibly be contemplating suicide may see the hotline number and decide to use it.

Just by wearing a shirt, people can save lives. Thank you again for your support.

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Thank you so much
for the \$500
donation to the
Suicide Prevention
Coalition of Iowa
County for T-shirt
to support
awareness and
breaking down
stigmas. We are
requesting a
representative attend
the I-G girls
basketball game on
Feb. 10 for a photo
with the team.