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### Heritage at Recent Community Events



Becky Harrelson and Carrie Ray host our table at an event for local schools this summer. Summer 2023 has been a busy time for us! We have been involved in a variety of events, and we have hosted tables at several. We are happy to be a part of so many events as each event gives us an opportunity to meet people, share resources on mental health, and talk about all the amazing things we do at Heritage. Several events we participated in include Decatur Pride Fest, Farm Progress Show, and the YMCA Backpack Attack.

### Suicide Prevention Month

September is Suicide Prevention Month. Create hope in your family and your community by educating yourself about suicide prevention.



### 1<sup>st</sup> Annual Overdose Awareness Event



Jeff Mueller shared some powerful thoughts about all those our community has lost to overdose. On Thursday, August 31<sup>st</sup>, HBHC hosted its first Annual Overdose Awareness Event. Thank you to the MAR Team for coordinating and hosting this event. It was such an incredible experience! “This event had such a positive impact on our community – over the weekend I was stopped several times by community members telling me how grateful they are for Heritage and the work we do” – Mary Garrison, CEO

### Social Media:

Be sure to follow us on Facebook, Instagram, and LinkedIn!



### Sources of help include:

Heritage Crisis Number: 217-362-6262 (Dial 1)  
Suicide and Crisis Lifeline: 988 (Text or Call)  
Crisis Text Line: 741741  
Trevor Text Line (LGBTQ+): 678678  
Virtual Place of Hope: [heritagenet.org/hope](https://www.heritagenet.org/hope)