



Project SAFE CRCA Hosts Community Conversation Event
2nd Event will focus on mental health services, suicide awareness and education/prevention.

Every year, 1 million adults report making a suicide attempt, according to the U.S. Centers for Disease Control and Prevention (CDC). Worldwide 800,000 people die due to suicide every year, according to the World Health Organization.

A town hall style community conversation to be held in Cedar Rapids Tuesday, November 13, 2018, will start with local resource tables opening at 5pm and followed by a 6-7:30PM panel discussion, answering the questions you have concerning Suicide and Depression. The event will be held at the Grant Wood AEA located at 4401 6th Street SW. Local experts will be on hand to answer specific questions and concerns from the audience. Panelists include local experts Dr. Allyson Wheaton, Drew Martel, and Brandon Farr. In addition, the local resource vendor trade show will feature over fifteen local agencies on site to provide additional information on community resources for mental health, suicide awareness and prevention.

The event is sponsored by a newly formed organization, Project SAFE of the Cedar River Corridor Area, which serves to provide suicide awareness and education to the Corridor. Mike Farr, Founder of Project SAFE formed the organization in memory of his son, Garrett R. Farr, who lost his battle to depression last year. Farr states, *"Project SAFE's mission is: together we are saving lives, ONE LIFE at a TIME. This event will help others become aware of all the resources available in the Cedar Rapids area. I personally was not aware of all of the great resources available. My hope is to help others, so they will not have to experience the great loss my family has experienced."*

This Community Town Hall is open to everyone, and all are welcome. No preregistration is required. The event provides a safe environment where students and parents can gain deeper understanding of the causes, warning signs and coping strategies regarding teen depression, anxiety and suicidal ideation. For more information, visit Project SAFE CRCA on Facebook or via their website www.projectsafecr.org