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FOR IMMEDIATE RELEASE

Let's Talk About It Addresses Mental Health Issues

St. Francis High School hosted an informational meeting in December, called Let's Talk About It, Anoka County, to encourage community members to address mental health issues, and in particular suicide prevention.

"Our job is to listen," said Dr. Dan Reidenberg, executive director, Suicide Awareness Voices of Education. "Everyone has the ability to save a life by listening to someone who's hurting and getting them connected to resources."

Mental health, like physical health, is on a continuum, Reidenberg explained. Early recognition and treatment are critical components to successful long-term treatment.

St. Francis was the second high school to host Let's Talk About It, Anoka County. Anoka High School had an event in October. A third event in southern Anoka County is being planned for early spring. For more information on Let's Talk About It, Anoka County, and suicide prevention, go to SAVe.org.

The program was sponsored by Anoka County Public Health, Mental Wellness Campaign for Anoka County, Anoka County Children and Family Council, Allina Hospitals & Clinics, Anoka-Metro Regional Treatment Center Auxiliary Rose Fund, Independent School District 15 and [SAVE](http://SAVe.org) - Suicide Awareness Voices of Education.



Photo Cutline: Community leaders participating in Let's Talk About It, Anoka County, at St. Francis High School in December included Brad Mills and Dan Nordin, pastors from Our Savior's Lutheran Church; Brenda Langseth-Perrault, middle school guidance counselor; Anoka County Commissioner Matt Look; Kelly Krueger, Volunteers of America Mental Health Clinics; Dan Reidenberg, Suicide Awareness Voices of Education; Jodi Blowers, Our Savior's Lutheran Church; and Nick Steiger, school liaison police officer.