

# WAKE UP

*Stories from the Frontlines of Suicide Prevention*



After losing a close friend to suicide, a group of college students was determined to enact positive change and formed a nonprofit, **Wake Up**, to encourage a massive cultural shift away from social stigmas surrounding mental illness, depression, and suicide.

This powerful documentary, *Wake Up: Stories from the Frontlines of Suicide Prevention*, emerged from this collective movement. It sheds light on four different groups with varied stories to tell about suicide—American veterans, members of the LGBT community, university students, and gun owners. Through their testimony, the film weaves a diverse tapestry of experiences into a multifaceted narrative of the heroes on the frontlines. *Wake Up* confronts tragedy with a call to action: by exploring ways to start thoughtful conversations and push for systemic change, it foregrounds steps to a better world.

## Wednesday, September 21st, 6:00PM

### Penn State Berks, Perkins Auditorium

Discussion will follow the film.

Provided by Berks County MH/DD Program, Berks Suicide Prevention Task Force, and Penn State



Counseling Services



610-396-6082

This event is **FREE** and open to the public.

Counseling services welcomes students with disabilities to all events.



If you require assistance or for additional information, please contact Colleen Tillger, [crt5292@psu.edu](mailto:crt5292@psu.edu), 610-396-6082.