



EVENT NOTICE – Friday, January 10, 2024
Fargo Public School District #1

The following information is for media outlets for the purpose of assigning staff coverage to the event.

DISCOVERY MIDDLE SCHOOL TO HOST SUICIDE PREVENTION NIGHT

Suicide is the leading cause of death in North Dakota for people ages 10-24, according to the North Dakota Department of Public Instruction, and Discovery Middle School is partnering with the 4-6-3 Foundation on a night meant to help bring those numbers down.

WHAT: Suicide Prevention Night
WHEN: **Tuesday, January 14** from 7 p.m. to 8:30 p.m.
WHERE: Discovery Middle School, 1717 40th Avenue South
CONTACT: **Tara Ekren**, Discovery PTA President, 701.306.3294 or taraekren@hotmail.com for more information.

Discovery Middle School's PTA is partnering with the 4-6-3 Foundation for Suicide Prevention Night in the school's auditorium on Tuesday.

Elizabeth and Todd Medd, co-founders of the 4-6-3 Foundation, will lead a panel discussion about suicide prevention. Conversation and discussion will focus on strategies for suicide prevention and how to have hard conversations with kids. Guests will be educated about resources available to help prevent suicide and learn how to identify warning signs.

The 4-6-3 Foundation's mission is to "Reduce Stigma, Build Hope, and End Suicide" by helping youth and families understand that there are not always symptoms or red flags leading to a suicide, that suicide is not reliably predictable, and to highlight the importance of access to resources, having difficult conversations, and providing education around mental health. It aims to connect youth with suicide prevention resources and techniques through engagement at youth sporting events, schools, and youth organizations.

[END]