





In recognition of World Suicide Prevention Day -

September 10th - The Bergen County Division of Mental Health is hosting a FREE screening of the documentary **Scattering CJ.** This powerful film confronts persistent stigmas surrounding mental illness and raises awareness of suicide risk. During a time when we all need to feel more connected, this story exemplifies how we can all play a part in bringing people together and joining forces for good.

"When seemingly happy, travel-infatuated CJ Twomey died by suicide at age 20, his family was plunged into unrelenting grief and guilt. In a moment of desperate inspiration, his mother Hallie put out an open call on Facebook, looking only for a handful of travelers who might help fulfill her son's wish to see the world by scattering some of his ashes in a place of beauty or special meaning.

Twenty-one thousand strangers liked the Facebook page and one thousand volunteers have since taken CJ to one thousand unique places around the world. While crisscrossing the globe, his ashes and his family's story have given rise to a social media phenomenon — a worldwide community — that has congregated in solidarity and empathy in dealing with a still heavily stigmatized and misunderstood form of mental illness."

While this story is rooted in tragedy, it is really a story of love, kindness, helping and healing. It is a story for everyone and promises to expand your worldview and understanding on critical public health issues facing our world.



SEP 10-15 TH WITH A VIRTUAL POST VIEWING DISCUSSION ON SEPT. 15TH FROM 7:00 PM - 8:30 PM

WITH A VIRTUAL POST

REGISTRATION IS FREE BUT YOU **MUST REGISTER TO STREAM!** CONTACT HALEY CONTINO AT HCONTINO@CO.BERGEN.NJ.US