

ALLIANCE FOR MENTAL WELLNESS

featuring **FREE**
screening of
My Ascension



**SEPTEMBER
17th 2025**

**3:30PM–
6:30PM**

**3:30-4pm
Resource Fair**

**4-5:30pm
Screening**

**5:30-6pm
Resource Fair**

My Ascension:

*A Documentary Film and Movement
to Spread Hope and Fight Suicide*

A suicide attempt left 16-year-old varsity cheerleader Emma Benoit paralyzed but propelled her on a mission to use her painful experience to help others find hope and stay alive.

WHY THIS FILM IS NEEDED:

Suicide is a silent epidemic that is not receiving the attention it deserves. It is the second leading cause of death for young people under 25 and there are approximately 1.2 million suicide attempts every year.



Boyd Concert Hall

Allan Hancock College,
Santa Maria Campus

PLUS! > Raffle
> Food Trucks > Resource Fair
> Door Prizes > Entertainment

If you or someone you know needs help—call the Suicide and Crisis
Lifeline at 988 or text the Crisis Text Line HELLO to 741741



MY ASCENSION



**CENTRAL COAST
HOTLINE**
(800) 783-0607
= CRISIS & MENTAL HEALTH SUPPORT =
Text or Call 24/7