



BRAINERD DISPATCH

In the aftermath of the singular deaths by suicide of three young teenagers in our community, the Dispatch partnered with Essentia Health-St. Joseph's Medical Center to host a Make it Ok event.

The event was based on making it OK to talk about mental health concerns. The Dispatch ran a series on stopping suicide, looking at signs loved ones could watch for, resources available, a grassroots effort aimed at helping others who are struggling and what the community could do. These additional stories on suicide awareness and prevention and mental health in 2018-2019 continued our focus on mental health concerns in the Brainerd lakes community.

Sincerely,



Matt Erickson
Editor