



Hudson County Communiyt College
Mental Health Counseling & Wellnes
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This year, Attitudes in Reverse has displayed theirs In their Shoe Exhibition at our college for a suicide prevention event. Due to the pandemic, we have not had an in-person event. We were so glad that this was our opening event for our students, staff, and faculty. All who attended this event shared how meaningful it was, reading the shoes, hearing the speakers share their stories. Assemblywoman Annette Chaparro, the representative from the 33rd legislative district, shared her story, which was also important because it was a great way to show our students that anyone and everyone can be impacted by mental health. The staff that came were all welcoming and supportive.

Next year, we hope to have another prevention event with Attitudes in Reverse. If you want to see some pictures and hear some clips from the event, please follow us on social media
<https://www.instagram.com/hccmentalhealthcounseling>.

As a therapist, I know that suicide prevention events can be emotionally triggering. The Attitudes in Reverse team were supportive and provided a safe place for people to feel vulnerable and safe. Having the support dogs at the event was also very helpful. If you consider having a suicide prevention event, we at HCCC highly recommend this team.

Sincerely

Doreen Marie Pontius, L.C.S.W.

Associate Director Counseling & Wellness