



Rattle the Stars

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Dear Supporter,

In Illinois, over 1400 people die of suicide each year, including nearly 100 youth. These numbers represent lives cut short, families and friends traumatized, and schools and communities forever changed. This doesn't have to happen. Suicide is preventable...with your help.

Rattle the Stars is a non-profit suicide prevention organization serving the Champaign County area. Each year, we train hundreds of community members in suicide intervention, help schools and agencies develop crisis response plans, and work with local high school students to promote acceptance and understanding of mental illness and suicide in their schools. We also provide suicide prevention information and resources to hundreds of community members while tabling at events and reach countless others through media promotions, speaking engagements, and community events.

We are the only organization in Illinois that provides suicide intervention training and suicide response plan consultations to schools and community agencies. Our suicide intervention training programs for youth, parents, professionals, and community members are consistently commended for helping people develop culturally relevant skills and the confidence to intervene with those having thoughts of suicide. Our crisis response plan consultations help solidify appropriate process and procedures to ensure that those having thoughts of suicide receive needed supports. We are also building capacity to offer advocacy services to individuals and families who have been affected by suicide thoughts, attempts, or deaths.

In addition to direct services, we host two major annual community events. *Porrima: an art showcase for understanding mental illness and suicide* provides a space for those affected by these issues to express themselves artistically through music, painting, writing, photography, and other art forms. *The Animarvels Expo* is a festival to encourage interaction with animals and promote the benefits of animals for mental health and suicide prevention. Importantly, these events provide hundreds of visitors with the opportunity to encourage discussion and conversation about mental illness and suicide, helping to normalize these topics and reduce stigma and shame.

You can support our suicide prevention efforts by making a donation (rattlethestars.org/donate), making an investment, or sponsoring our organization as a community partner. To discuss these opportunities, please contact Chuck Bryan, Fundraising Coordinator, at 217-372-4251 or cbryan@rattlethestars.org.

Thank you,



Kimberley K. Bryan
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Rattle the Stars is a 501(c)3 non-profit EIN 81-3198241 and an Illinois registered charity #01072707.