



# MY ASCENSION

A film to spread hope and fight suicide

**"This film is changing lives!"**

Heather McLean, Mental Health America, SWPA



## The Film

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.**

**MY ASCENSION** is a feature length documentary that chronicles Emma's inspiring journey and quest to walk again, as she works to bring Hope Squad, a school-based suicide prevention program, to Louisiana.

The film also highlights the stories of two remarkable young people who tragically did not survive their attempts, and we learn first-hand from their families, friends, school officials and suicide prevention experts about the devastating effects of suicide and **what can be done to prevent it.**



Emma shares her story with Kevin Hines and Tonja Myles

## 20 young people die by suicide every day in the U.S.



Emma at the funeral of her friend who died by suicide

### 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. The ripple effects of these deaths and attempts devastate millions more.

**MY ASCENSION** shines light on the reality of this ongoing public health crisis and is positively impacting the lives of young people, families, schools, and communities by sharing hope, information and best practices that can be replicated around the world.

**When suicide attempt survivors, such as Emma, share their stories of recovery, it often prevents others from attempting.**

**“ A must watch for parents of teens and anyone working with teens. ”**

**Emma’s ability to tell her story in such an honest way creates a space for others to speak freely about their own issues with mental health.**

Candice Feinberg, PSY.D, Executive Director, ROWI Teen & Family Wellness Center

# My Ascension impact thus far

Over 150 "My Ascension" screenings events have been held nationwide, that have inspired and educated over 25,000 attendees.

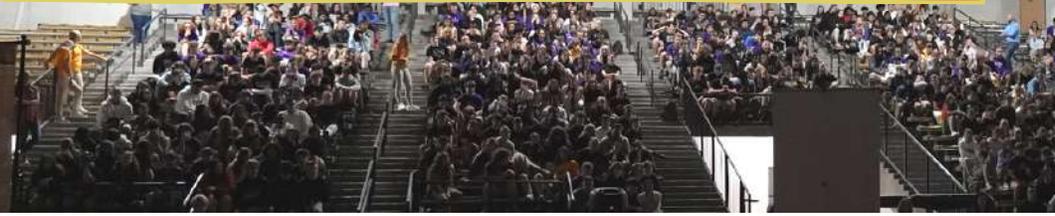


"My Ascension" has been featured on The Dr. Phil Show, Today.com, Red Table Talk, The Dr. Drew Show and on numerous regional TV and Radio broadcast, print publications and podcast.



# My Ascension outcomes

"It is so inspiring and life changing."



Quotes and survey results from 398 students from 7 different high schools who participated in My Ascension screening events.

"I think this might have saved my life."

"Absolutely loved it and it gave me hope that things will get better in the future!"

"It was very helpful and I'm planning on talking to a counselor about my suicidal thoughts."

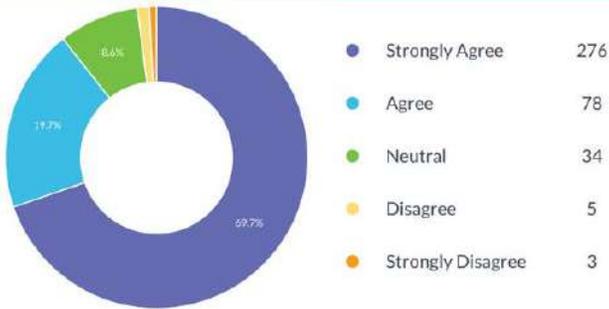
"The movie helped to motivate me more to help others."

If I'm ever at a low point, I feel like I can recall the documentary and utilize the information given.

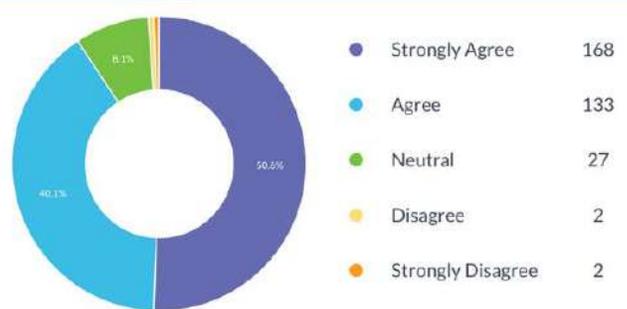
"It is so inspiring and life changing."

It was super-duper cool, and very much needed, considering the stigma around suicide with students and staff.

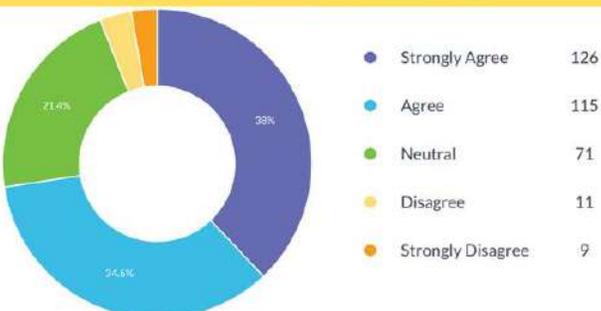
As a result of the My Ascension screening event I have more empathy for people who experience mental health issues.



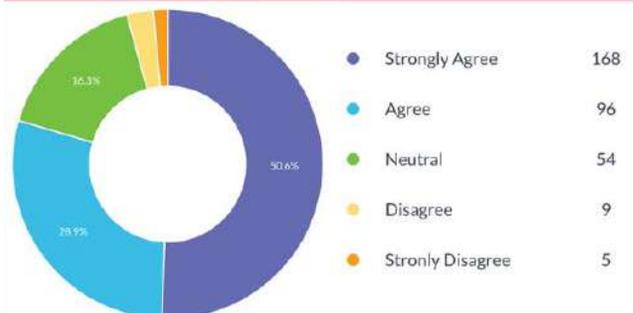
As a result of the My Ascension screening event I will be better able to help a friend who is experiencing suicidal thoughts.



As a result of the My Ascension screening event I am more likely to ask for help if I am struggling.



As a result of the My Ascension screening event I have more hope for the future





**Emma is on an extraordinary journey, generously sharing her story in this poignant and informative film. ”**

Hilary Blumberg, MD  
Professor of Psychiatry,  
Yale School of Medicine

## Join Us

We are on a mission to utilize this film as a tool to enhance suicide prevention efforts in communities around the world. We are hosting **MY ASCENSION** virtual and in-person screening events in partnership with schools, universities and community organizations, which are having a tremendous impact.

Screening events include a showing of the the film followed by important discussions on suicide prevention and mental wellness. We are utilizing a film toolkit with a discussion guide and that helps enhance the impact of the screening events.

We are building on our already strong relationships with national and local suicide prevention and mental health organizations to create impact through the following:

- **Educational Screening Events** at Schools and Universities
- **Community Screening Events** with a variety of organizations
- **Awareness Campaigns** with National Organizations
- **National PBS broadcast** reaching millions of viewers
- **Digital Release** on online platforms such as iTunes and Amazon



*Dr. John Draper, National Suicide Prevention Lifeline, Director*

**“The film is incredible. I am so glad that we were able to share this inspiring story of hope and resilience with our Girl Scouts.”**

*Brittany Kelly, Girl Scouts Northeast Texas*



*Emma with My Ascension Director, Greg Dicharry*

## Producer and Director

Greg Dicharry is a filmmaker and mental health advocate who has received awards for his work in youth mental health from some of the nation's leading organizations including Mental Health America, SAMHSA, The National Council for Behavioral Health and Federation of Families for Childrens Mental Health. He is also the founder of **SmileStyle Entertainment** and prior to **My Ascension** he co-directed and produced the 2018 Award winning film **Suicide the Ripple Effect**.