



SEPTEMBER

**SUICIDE
PREVENTION
MONTH**

Sunday, September 12 Panel Discussion on Depression & Suicide Prevention

following the matinee performance of *Every Brilliant Thing*

[Link to SUICIDE PREVENTION RESOURCE LIST](#)

OUR PANELISTS

Colleen Carpenter

Suicide Prevention Trainer & Consultant
STOP Suicide of Northeast Indiana



Colleen Carpenter provides evidence-based training and targeted consultation to build long term capacity to prevent suicide. Her mission is to help organizations and communities tighten their safety nets so that people who are struggling with suicide and mental health challenges are identified and helped. Besides providing training, she is the facilitator of Stop Suicide Northeast Indiana, board chair of the Indiana Suicide Prevention Network, and over the last three years spearheaded the Sources of Strength initiative in schools throughout northeast Indiana. She sits on numerous local and state level suicide and mental health-related committees. She has Master's Degrees from Loyola University Chicago (sociology) and the University of North Carolina (public health). She has won local and national awards for her work in suicide prevention. She is also a survivor of her Uncle John's suicide.

Vanessa Jones MS, LMHC

Associate Director, Headwaters Counseling



Vanessa began with Headwaters Counseling in 2010. Vanessa has a Bachelor of Science Degree in Psychology (2003) and a Master of Science Degree in Mental Health Counseling (2009) from the University of Saint Francis. She obtained a license, in the state of Indiana, in 2013 as a Licensed Mental Health Counselor (LMHC). Her prior experience includes five years as a Behavioral Rehabilitation Technician with the Carriage House through Park Center. She worked as a therapist with Lutheran Social Services for one year just prior to coming to Headwaters Counseling. She has advanced training in DBT and EMDR. Vanessa's clients trust her, and feel that her office is a judgement free, safe place to share their thoughts and feelings. Her favorite thing about working with clients is helping a person find their own voice. Vanessa served Headwaters Counseling as a skilled therapist for eight years before being promoted to Director of Clinical Services in October 2018, and then Associate Director in 2021. She maintains a small caseload of clients especially focusing in the areas of trauma, dissociative identity disorder, and depression. As Clinical Director, she also supervises all of our therapists, and she promotes an atmosphere of good client care. Vanessa knows that good client care starts with a healthy supportive workplace for therapists who work so hard every day. Often a therapist can be found in Vanessa's office for debriefing, validation, or guidance.

If you or someone you know is having suicide thoughts, please contact:
National Suicide Prevention Lifeline, (800) 273-TALK (8255)
Crisis Text Line: Text IN to 741741
RemedyLIVE: Text remedy to 494949 (youth; faith-based)