

Panhandle Public Health District

P O Box 337 | 808 Box Butte Ave | Hemingford, NE 69348
18 West 16th | Scottsbluff, NE 69361
308-487-3600 | pphd.ne.gov | 308-633-2866

April 28, 2026

For immediate release

For more information, contact: Suzanne Crane at scrane@pphd.ne.gov or 308-672-9800

Community Invited to Free Screening of *My Ascension*, a Powerful Film on Hope and Suicide Prevention

The community is invited to a free screening of *My Ascension* at the Midwest Theater on Tuesday, May 5, 2026, from 6:00–8:00 p.m. MT. The event includes a film screening followed by a panel discussion. Free small popcorn and soda will be provided to each attendee, courtesy of Lutheran Family Services.

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 Benoit's inspiring journey and quest to walk again as she worked 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 viewers gain first-hand insight from families, friends, school officials, and suicide prevention experts about the devastating effect of suicide and what can be done to prevent it.

Suicide remains a leading cause of death among young people in the United States. According to the Centers for Disease Control and Prevention, suicide is one of the top causes of death for individuals ages 10–24. Rural communities, including those in Nebraska, continue to experience disproportionately higher suicide rates compared to urban areas, highlighting the critical need for prevention, awareness, and access to resources.

“Suicide prevention is especially important in the Nebraska Panhandle, where we continue to see higher rates compared to other areas of the state and nation,” said Suzanne Crane, Community Prevention Coordinator with Panhandle Public Health District. “Events like this help bring awareness, reduce stigma, and connect individuals and families to the resources and support they need. These conversations save lives.”

For more information about *My Ascension*, contact Suzanne Crane, Community Prevention Coordinator, at scrane@pphd.ne.gov, or 308-672-9800.



Panhandle Public Health District is working together to improve the health, safety and quality of life for all who live, learn, work and play in the Panhandle. Our vision is that we are a healthier and safer Panhandle community.

Panhandle
Public Health District

