

YOUTH RISE

MAY 19TH 7- 8:30pm

Virtual Youth Fest 4 Mental Health Awareness

Inspirational speakers, uplifting entertainment and important information related to youth wellness



Kenny Dobbs is recognized as one of the best slam dunk artists of all time, a proud member of the **Choctaw Nation of Oklahoma** and an award winning motivational speaker. As a young man he was involved in gangs and drugs, and even attempted suicide, before finding his passion for using his experience to help youth overcome obstacles and achieve their dreams.



Emma Benoit is a suicide prevention advocate who is using her experience to help others find hope. After a suicide attempt at age 16 left her paralyzed, she started the **Life Rejuvenated** website and blog to help other young people. She was recently featured on the hit show *Red Table Talk* and her new documentary, **My Ascension**, focuses on her story and the youth suicide epidemic.



Jordan Lally is a singer-songwriter, meditation teacher and mental health advocate who promotes mental health via meditation, mindfulness and creative expression. He has penned over 200 songs and is the front man for the bands **Big Infinite** and **Fiction 20 Down**. Following the tragic passing of his father to suicide, Jordan and his family started the **Ed Lally Foundation** to de-stigmatize mental illness.

This free event will inspire and empower Utah youth to enhance their mental wellness and create brighter futures for themselves, their peers, and their communities.

Youth, youth supports and professionals working with youth are encouraged to attend.

Free Event. Registration Required.

<http://bit.ly/youthriseutah>



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