

Free Community Documentary Screening



My Ascension tells the inspiring true story of Emma Benoit, a popular high school student who, despite outward appearances of success, struggled silently with depression and anxiety. After surviving a suicide attempt in 2017 that left her with a spinal cord injury, Emma dedicated her life to mental health advocacy and sharing her journey to inspire others.

The film screening will be followed by a panel discussion featuring local suicide prevention and mental health representatives.

This event is free and open to the public.

Viewer discretion is advised. The recommended audience for this presentation is ages 14 and older.

Anyone with an interest in Suicide Prevention is welcome to attend, including:

- ***Students***
- ***Teachers***
- ***Parents***
- ***Community-Based Organizations***
- ***Faith-Based Organizations***
- ***First Responders***
- ***Healthcare Providers***

**October 20, 2026
5:00 to 7:00 PM**

**Penn Highlands
Community College
101 Community College Way
Johnstown, PA 15904**

**Attendance is free,
but registration is required:**

<https://forms.cloud.microsoft/r/yEEVb1S97J>



 **Cambria County
Suicide Prevention
Task Force**


**PENNSYLVANIA
HIGHLANDS
COMMUNITY COLLEGE**