

## STORIES TO SHARE TO “QUIET THE SILENCE” AND RAISE AWARENESS FOR SUICIDE PREVENTION

Her sister died of a drug overdose and it spurred her to “Quiet the Silence” in her personal and professional life: **Her Hidden Struggle**

“We have grown our souls through this journey” A mother faces her daughter’s addiction: **I didn’t cause it, I can’t control it, I can’t cure it**

“You’re not broken, you’re whole—and you just need help to feel that way.” One woman’s story of hitting rock bottom and reaching out for support: **Repairing My Personal World**

A new diagnosis explained his depression—and changed the course of his career: **My Emotional Rollercoaster**

No one was allowed to know he struggled with depression and anxiety—until she lost him to suicide: **His Secrets**

A rabbi whose brother took his own life challenges us to support those in a mental health crisis the same way we do with those battling cancer: **Lessons from Loss**



Read the full stories, and support our work in preventing stories like these, consider purchasing your own copy of our book, **[#QuietTheSilence: Personal Stories here.](#)**