



September is Suicide Prevention Month

1. A Critical Conversation:

Suicide prevention is one of the most important conversations for campus life to continue. Amy Schwartz brings a personal, humorous, compassionate & research-backed approach to addressing health challenges and suicide prevention. Amy will show the importance of open dialogue, early intervention, and resources being available to students.

2. Personal Stories and Humor:

Amy Schwartz has lived experience with health challenges and offers a deeply personal and authentic perspective. Through her story, she helps reduce stigma and inspire hope, showing students that it's okay to not be doing okay and that reaching out for help is a sign of bravery.

3. Strategies for Support:

While the event will highlight personal stories, it will also offer practical, actionable strategies for students, staff, and faculty to support those who may be struggling with health issues. Amy goes in depth about understanding warning signs to knowing where to turn to seek support. Attendees will leave with knowledge they can use to create a more supportive campus.

4. Raising Awareness & Lowering Stigma:

Suicide and mental health issues are often stigmatized, making it harder for those struggling to seek help. By bringing Amy Schwartz to campus, we are helping to break down that stigma, making it easier for students to discuss their struggles openly and access the help they need without fear of judgment.

5. A Lasting Impact for the Campus:

This event will be a call to action. Amy Schwartz's approachable energy will encourage students to engage with the topic of suicide prevention in a meaningful way. This talk will inspire students, faculty, and staff to be proactive in creating a campus full of empathy, knowledge & support.

Target Audience:

- Students seeking health resources and awareness on campus
- Clubs such as a health club, or any campus clubs/ groups with higher danger or rates
- Faculty and staff wanting to better understand how to support students

- Anyone interested in learning how to reduce stigma and help prevent suicide

Benefits for the Campus:

- **Promote Health Awareness:** This event will open the conversation around health, providing an opportunity to raise awareness and reduce stigma on campus.
- **Encourage Active Support:** Students, faculty, and staff will leave the event empowered with knowledge and strategies to recognize the signs of distress and connect others with crucial resources. Amy teaches coping skills for students when dealing with stressors and prevention skills to stop or slow stress from becoming too overwhelming.
- **Foster Understanding:** Suicide prevention takes a village. This event will inspire our campus to work together to ensure that everyone feels supported, seen, and heard.

Audience Impact:

- **Students** will learn how to identify mental wellness signs in themselves and others, while feeling empowered to reach out for help.
- **Faculty and Staff** will gain insights into how they can foster a supportive and understanding environment.
- **The Campus Community** will be encouraged to engage in open conversations about health, contributing to a safer atmosphere.

Why Now?

Suicide is a leading cause of death among young adults, and many students struggle alone. Hosting Amy during Suicide Prevention Month will provide an opportunity to address these issues. This talk will offer valuable resources and spark essential conversations that can lead to long-term changes in how we approach health on campus.

Next Steps:

We believe this event will make a significant impact, offering both inspiration and practical resources. We look forward to discussing how we can bring this event to life on our campus and make a meaningful difference in the lives of our students.

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"To Love What You Do, And Feel That It Matters, How Could Anything Else Be More Fun?" **Katharine Graham**