



5/21/18

Today is a day I will never forget. I had been unable to reach my best friend, Karen. That was unusual. She and I talked multiple times a day, all day. I knew she had struggled with depression since the first day I met her, but thinking about suicide? I never even thought to ask. So, when I got the call that Karen had died by suicide, I've never experienced such a shock. I've still never experienced that kind of loss. This is why I am a Talk Saves Lives Champion. I want people to know, suicide can be prevented. I hope I can reach as many people as possible with the Talk Saves Lives Training. It could really save a life.

Visit your member website to take the Talk Saves Lives training.

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