

# THE "AH-HA!"

MENTAL HEALTH AWARENESS  
& SUICIDE PREVENTION

COLLEGE MENTAL  
HEALTH SPEAKER

## WHAT'S IN YOUR TOOLBOX?

What your students will love most about Jeff is his authenticity and his straightforward, easy-to-understand tools, metaphors, and mantras that your students can apply immediately.

This upbeat inspirational message offers hope for students struggling with anxiety and depression and encourages those questioning the meaning of life to seek help.

### JEFF SHARES:

- ★ Warning Signs of Depression and what to do if you feel depressed
- ★ Warning Signs of Suicide
- ★ Talks about being the Gatekeeper and helping a friend or roommate needing help
- ★ His Theory on Youth Suicide Today
- ★ Living Authentically within the Objective and not the Expectation
- ★ It's OK to ask for help
- ★ Four Tools to release ANGER
- ★ Tips to free yourself from Anxiety and Stress

 **MADE** Teen Life Coach

# RELEASING

# STIGMA



Stigma starts with shame for oneself. This leads to silence.

Silence leads to self-destructive behavior.

Self-destructive behavior can lead to suicide.

**THERE IS HOPE. THERE IS JEFF YALDEN.**

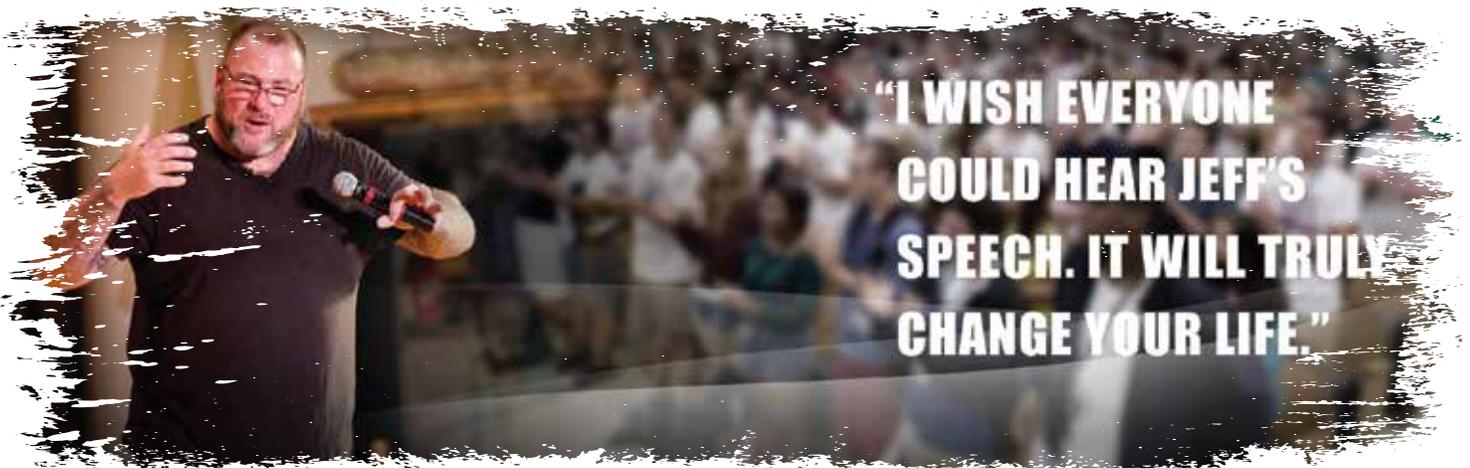
# WHY JEFF?



- ★ Woodstock, Ontario, CANADA – 5 Teen Suicides in a month period. The Canadian Mental Health Association called Woodstock, “A city in crisis. This is a suicide contagion.” They invited Jeff Yalden. Not a teen suicide since.
- ★ Akron, Indiana – 9 suicides in less than on year, including 4 in 6 weeks They hired Jeff and within days, Jeff was there for three days meeting with schools, families and mental health professionals. Not a teen suicide since.
- ★ Jeff gives tips to students on how to balance life and set boundaries. His message will hit home as students balance classes, exams, papers, money, relationships, self-image, family, and thoughts of the future.
- ★ Jeff knows our youth and their struggles. He makes sense. They understand him.

Note: There are more than 1,000 suicides on college campuses every year. This program offers practical tools to help students succeed in school and in life.

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## TESTIMONIAL

“ Jeff’s delivery commanded *Respect* and *Admiration* from all who attended. I highly recommend that Jeff be incorporated in any programs regarding the topic of MENTAL ILLNESS AND SUICIDE. ”

– Nicole Ovedia, LCSW, Director of Lynn University Counseling Center, Lynn University, Boca Raton, FL

**WWW.JEFFYALDEN.COM**  
**800-948-9289**