

# KATHY JAMES

*Suicide Prevention Speaker, Trainer, & Author*

*www.kathyjames.org*

*(757) 696-8681*



## **Changing the Lens: Zooming in to Make a Difference**

Kathy James addresses the pressing issues of depression and suicide, shedding light on their prevalence among young people. Join us as Kathy takes you on a journey through her personal challenges with depression and suicide ideation, emphasizing the urgent need for empathy, awareness, and action in the face of these challenges. Prepare to delve into a crucial conversation that confronts the stark realities of depression and suicide within our schools. Drawing from her own life, Kathy invites you to explore these critical issues through a widened lens infused with empathy and hope.

Equip yourself with the awareness and tools to make a difference. Together, we can create a more empathetic and supportive college environment, reducing the prevalence of depression and saving lives from suicide.

### **Learning Objectives:**

- Learn how to recognize when a peer may be silently battling depression.
- Understand the factors that contribute to suicidal thoughts and behaviors.
- Discover how to approach the sensitive topic of depression and suicide with compassion and support.
- Learn practical ways to take action, equipping yourself with the knowledge to intervene and support a struggling peer.

Suicide & Crisis  
Call / Text 988

# ZOOMING IN TO MAKE A DIFFERENCE



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## **3.1 million youth (ages 12 - 17) deal with depressive symptoms**

### **SPEAKER INTRO:**

Drawing from her own battles with depression and suicidal thoughts, Kathy promotes mental health awareness, education and fosters resiliency, equipping her audience with the tools they need to cultivate a supportive community, inner strength and lead fulfilling lives. Known for her powerful and vulnerable personal story, Kathy shares her struggles to break free from the cycles of violence, addiction, and depression that plagued her family to empower audiences internationally across corporations, associations, universities, and schools.



*Empathetic support is the transformative tool that propels students toward success.*

***To Schedule  
Kathy James to  
speak at your  
event***

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Kathy's unique ability to connect with her audience stems from her boldness and vulnerability. Her personal experiences, combined with her expertise as a professional trainer, make her an engaging and relatable speaker who sparks conversations and inspires action. In addition to her speaking, Kathy is currently working on her upcoming book, "My Fight Against the Odds," which serves as both a memoir and a self-help guide for individuals striving to thrive despite life's challenges. Kathy has been featured in media outlets such as TEDx and Community Now Magazine.