

Presentation outline & agenda for “The Silence of Suicide”© - Michael Skinner, from the book “Our Encounters with Suicide” – PCCS Books <http://www.pccs-books.co.uk/>

One hour presentation – reading, 20 minutes followed by Q & A, 30 - 40 minutes [longer if needed]

To raise awareness and create discussion concerning suicide:

- 1] The fears, misconceptions, stigma and discrimination associated with suicide
- 2] Dialog around the misunderstanding and the assigning of blame with suicide
- 3] Denial - Why can't we talk about suicide?
- 4] Why can't we share feelings of sadness, grief and loss?
- 5] Causality of suicide
- 6] Trauma, abuse and mental health challenges
- 7] How can we help those who are depressed and suicidal?
- 8] Hope, Healing and Help is available
- 9] Open discussion with participants - Questions and Answer

Note - I would prefer to perform the song that is contained within the reading - there is more power to the song when performed live as opposed to just reading the lyrics.

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