



Beyond the Myths: DEMYSTIFYING SUICIDE

Suicide remains one of the most misunderstood and stigmatized human struggles, leaving communities silent, loved ones feeling powerless, and professionals unsure how to respond.

Suicide is complex, deeply human, and often shrouded in silence. In this powerful session, Ryan M. Sheade, LCSW, draws on decades of clinical experience to illuminate the realities of suicide and provide audiences with grounded strategies for response. Together, we will explore the factors that converge in suicidal thoughts and behaviors - stress, shame, and existential struggle - in a way that emphasizes both understanding and human connection.

Through clinical insight, research-based practices, and real-life examples, participants will gain practical strategies for recognizing risk factors, asking difficult questions, and offering authentic presence without panic or false reassurance. Ryan emphasizes that prevention begins with connection, attunement, and the willingness to stand with someone in despair.

This session leaves audiences not only more informed but also more empowered. It reminds us that we carry the profound power to listen, connect, and help prevent suicide in our families, workplaces, and communities.



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Learning Objectives

- Identify common misconceptions about suicide and replace them with research-based understanding
- Explore key risk factors and warning signs that may indicate suicidal ideation
- Explain the role of shame, worthiness, and existential struggle in suicidal thinking
- Demonstrate attunement practices for responding to someone at risk with compassion and clarity
- Understand what questions to ask and how to offer support without judgment or panic
- Learn how to engage in open, supportive conversations about suicide in both personal and professional contexts
- Discover prevention strategies that move beyond crisis response toward connection and long-term resilience

SUGGESTED AUDIENCE:
All Professionals

SUGGESTED FORMATS:
Full or Partial Day;
Lecture, Workshop, Keynote