

Jaspr Health and Zero Suicide Institute Workforce Webinar:  
*Resources from People With Lived Experience*

1. The Truth Behind My Title: A High-Achieving CEO's Candid Story Of Depression, Suicide, And Hope

<https://www.linkedin.com/pulse/truth-behind-my-title-high-achieving-ceos-candid-story-tenzyk/>

2. The Truth Behind This CEO's Title: Living With a Mental Health Condition

<https://www.linkedin.com/pulse/truth-behind-executives-title-part-2-living-mental-illness-tenzyk/>

3. Our Stories: Get to Know Someone Living with a Mental Health Condition

<https://www.thestabilitynetwork.org/stability-leaders/our-stories/>

*Resources for Loved Ones Who Have Lost Someone*

1. Resources for Families

- a) <https://prolongedgrief.columbia.edu/for-the-public/resources-2/>
- b) <http://www.personalgriefcoach.net/>
- c) <https://save.org/what-we-do/grief-support/>
- d) <https://afsp.org/ive-lost-someone>
- e) [http://www.survivorsof suicide.com/help\\_heal.shtml](http://www.survivorsof suicide.com/help_heal.shtml)

2. Resources for Children

- a) <https://afsp.org/story/from-a-child-who-lost-a-parent-to-suicide>
- b) [https://www.dougy.org/assets/uploads/TDC\\_Supporting\\_Children\\_Teens\\_After\\_a\\_Suicide\\_Death\\_2018.pdf](https://www.dougy.org/assets/uploads/TDC_Supporting_Children_Teens_After_a_Suicide_Death_2018.pdf)