

My Intent is to offer options
and insight to those
troubled by suicidal or
homocidal feelings or thoughts,
as well as to provide answers to
the communities affected by
these incidents.

While there is regrettably no
single sentence reason, it is my
opinion that these events can be
better understood and, with
education, more reliably
recognized and
handled.



Emotions Pass
Actions Last



Contact Information



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Preventing Violence

“When I was in high school I planned to take a gun to school....”

- Why do school shootings keep happening?
And workplace shootings?
And other similar types of violence?
- Does something provoke them?
- What are the warning signs and why do we keep missing them?
- What can be done?



- What do I do if I feel like killing someone?
- How do I get help without getting locked up, or having everyone know?
- What if I try to get help and it's not helpful?
- What do I do?

Preventing Suicide

“When I was in my 20’s I tried to kill myself....”

- Why did this person kill themselves?
- Was there something I could have said or done?
- What signs were missed?
- If a suicide has happened in my community how can I safely broach the subject to prevent others?



- What do I do if I feel like killing myself?
- How do I get help without being committed?
Or put on medication?
Or having everyone know?
- What if I've gotten help and it didn't work?
- What do I do?

Come and explore the steps leading down the path of rationalizing violence against oneself or others.



The speech “Preventing Violence” encompasses spree killings, as well as suicides, in a two-hour lecture.

“Preventing Suicides” is a one-hour lecture and doesn't touch on other types of violence.



Due to the difficult nature of these topics, one should consider carefully before deciding to attend. The intent is to prevent violence rather than to comfort the bereaved, although if I'm warned there has been a recent loss, I will show more sensitivity when speaking about suicide.