

Return To Your Heart: Help In Preventing Suicide

Suicide is a preventable tragedy, and we all have a role to play in preventing it.



Awaken Joy: Return to your heart -Help In Preventing Suicide by Tom Smith

★★★★☆ 4 out of 5

Language : English
File size : 1849 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 173 pages
Lending : Enabled



Return to Your Heart provides practical advice and support for individuals, families, and communities who are struggling with suicide. This book offers hope and healing, and it can help you save a life.

In this book, you will learn:

- The warning signs of suicide
- How to talk to someone who is thinking about suicide
- How to get help for someone who is in crisis
- How to cope with the aftermath of suicide

- How to create a suicide-safer community

If you or someone you know is struggling with suicide, please know that there is help. *Return to Your Heart* can help you find the support you need to heal and move forward.

Free Download your copy today and help prevent suicide.

About the Author

Dr. Jessica Henderson is a clinical psychologist and suicide prevention expert. She has worked with individuals, families, and communities who are struggling with suicide for over 20 years. Dr. Henderson is the author of several books on suicide prevention, including *Return to Your Heart: Help In Preventing Suicide*.

Endorsements

"*Return to Your Heart* is an essential resource for anyone who wants to help prevent suicide. Dr. Henderson provides practical advice and support that can save lives."—**Dr. David A. Brent, MD, Director of the Suicide Prevention Research Center at the University of Pittsburgh**

"*Return to Your Heart* is a compassionate and comprehensive guide to suicide prevention. This book offers hope and healing, and it can help you save a life."—**Dr. Kay Redfield Jamison, PhD, Professor of Psychiatry at the Johns Hopkins University School of Medicine**

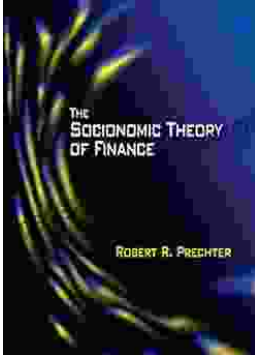
Free Download your copy today and help prevent suicide.



Awaken Joy: Return to your heart -Help In Preventing Suicide by Tom Smith

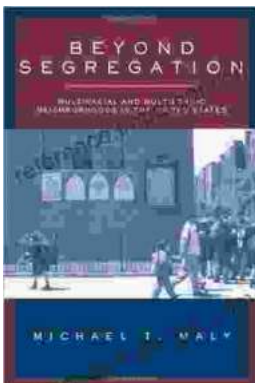
★★★★☆ 4 out of 5

Language : English
File size : 1849 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 173 pages
Lending : Enabled



Unlock Your Financial Future: Discover the Transformative Power of The Socionomic Theory of Finance

In a tumultuous and ever-evolving financial landscape, understanding the underlying forces that drive market behavior is paramount. The Socionomic Theory of Finance (STF)...



Beyond Segregation: Multiracial and Multiethnic Neighborhoods

The United States has a long history of segregation, with deep-rooted patterns of racial and ethnic separation in housing and neighborhoods. However, in recent...

