



Jenny Thrasher

Suicide Prevention Consultant

PHILIPS

 **The
Jordan Legacy**

 **PREMIERE
URGENCE
INTERNATIONALE**

**United
Way** 

**Brooklyn
Park** 

BE **PREPARED**, NOT SCARED.

Consider this...

Are you or those around you capable of being fully present at work when:

Facing **mental health challenges**?

Supporting a loved one with acute mental health challenges?

Has lost someone to **suicide**?

Did you know...

45,979 total deaths resulted from suicide in the United States in 2020, which is **1 death every 11 minutes**.

Source: Centers for Disease Control and Prevention (CDC)

However...

The real problem isn't suicide, it is that very few people know how to comfortably and effectively talk about it and even fewer people are equipped to identify root causes in order to navigate their physical, mental and emotional health challenges.

The problem isn't suicide.
The problem is fear and being ill-equipped.

WHO I AM & WHAT I OFFER

Traditional suicide prevention training has not evolved in over twenty years.

Together, our efforts will go beyond traditional suicide prevention. I'll teach you and your team how to THRIVE.

Professional & Personal Experience: I bring a degree in Psychology and over 20 years of personal experience, research, and passion for understanding and overcoming health challenges. After losing my dad to suicide and almost losing my daughter, I know intervention alone isn't enough.

A Fresh Perspective: Mental health doesn't exist in a vacuum. To help you and your team THRIVE, we'll address the connection between our physical, mental, and emotional needs.

A Network of Trusted Subject Matter Experts: No one has all the answers. I've created a network of trusted professionals to strengthen and support our efforts as needed.

Accountability: As your partner, I will hold you accountable for advancing and achieving your goals. I will help you set goals, track your progress, and provide feedback along the way.

Knowledge & Best Practices: Working with a variety of age groups and industries, I know what works and what doesn't. I can help you prioritize and improve your efforts and challenge any beliefs that could take you off-course.



Jenny Thrasher

Suicide Prevention Consultant, Coach, Speaker

MY APPROACH

	THRIVE Methodology	Mental Health First Aid	SafeTalk	QPR
Research & evidence-based practices	✓	✓	✓	✓
Empowerment-based approach	✓			
Personal, relatable & vulnerable instructors	✓			
Intentional language to remove stigma	✓			
Safely & effectively share personal experiences	✓			
Information that is easy to understand & apply	✓			
Mental, physical & emotional health connection	✓			
Root causes of mental health challenges	✓			
Remove the fear that surrounds suicide	✓			
Normalizing the experience of being suicidal	✓			
3 risk factors for suicide	✓			
3 factors that reduce the risk of crisis	✓			
Crisis & suicide intervention	✓	✓	✓	✓
Tools to confidently support someone in crisis	✓			
Steps to achieve wellness & thrive	✓			

PAST CLIENTS

Jenny is an incredibly thoughtful and insightful teacher for mental health and suicide. Her passion is evident in everything she does. She has a beautiful and inviting way of teaching very difficult material. She even brings an upbeat energy to an intense subject! She has given our team the skills to confidently support our clients and loved ones during times of extreme distress.

Curly Oasis Inc, Wafaya A.

Jenny met with our Management Team and was able to communicate her message in a way that put everyone in the room at ease. Most importantly she gave us a new language to comfortably and effectively discuss mental health and suicidal tendencies when we see colleagues and loved ones in need. Thanks to Jenny the discussion around suicide is no longer an awkward topic for me to discuss with my family or within my organization as a HR Leader.

Philips, Christine W.

Jenny delivers a message of acceptance and understanding of mental health issues with compassion. She has a wealth of knowledge, and her personal experiences are both moving and a testament to how individuals can effectively navigate traumatic experiences. I recommend reaching out to Jenny if you are seeking to educate yourself and others on how to develop a humanized perspective of mental health.

Biorasi, Kristen R.

PHILIPS

Boston
Scientific



Brooklyn Park 



REPS



 **The Jordan Legacy**

 **NineNorth**

 **HONEY STINGER**

Jenny Thrasher

Thank you for the opportunity to be a part of the solution in helping you and your team to be prepared, not scared.

I understand that your time is valuable, and I respect your desire to create change within your organization. I look forward to learning more about your specific needs and discussing next steps. Please use the calendar link to schedule an intentional 30-minute call.

[Book A Call](#)

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