

Meetup Discussion: Suicide Prevention

Speakers:

About Abraham Sculley:

Abraham Sculley is an educational consultant, suicide prevention gatekeeper instructor, advocate, best-selling author, and storyteller. After receiving a mental health diagnosis during his first year of college, his life and plans completely fell apart. Through treatment, he realized the importance of having healthy coping practices. But, more importantly, his diagnosis exposed him to the power that lived in his story.

His personal struggles with depression in college inspired him to use his platform to spread mental health awareness. He is the founder of Speaks 2 Inspire, the mental health solution for young adults suffering in silence, and a man committed to creating a world free of mental health stigma.

Link to Speaks 2 Inspire website: <https://speaks2inspire.com>

About Luke Wall:

Luke Wall is the Executive Director at Only7Seconds, a non-profit with a vision of a world without loneliness. After working in the corporate industry, Luke transitioned to work at Special Olympics, where he saw firsthand the effects of social isolation in the intellectual disability community, especially during COVID.

In 2018, after a family member experienced social isolation that led to depression, Luke's mother started Only7Seconds. In 2020, after two local youth suicides, Luke began leading Only7Seconds. Since then, Luke has developed a passion for tackling loneliness and its harmful effects on whole person health. Only7Seconds creates programs to address loneliness for youth, communities, and individuals.

Link to Only7Seconds website: <https://only7seconds.com>

Link for the recorded presentation:

<https://www.meetup.com/blog/recording-navigating-lifes-changes-with-community/>