

# Suicide is everyone's business!

**15.8% of High School students** reported having seriously considered attempting suicide in the past 12 months. **12.8%** had made a plan and **7.8%** had actually made an attempt.



Kristyna Ann Graham was 14 years old when she took her life on November 29, 2009. Her dimpled smile brightened the room. She was wise beyond her years. Her great granddaddy use to say she had an old soul. She wanted to go to college and major in graphic design. She was always drawing, writing and creating poems, pictures, sayings and stories. She spoke spanish, was on the color guard team. She was an excellent swimmer. She had an excellent fashion sense. She could pick out your clothes, do your make up and hair all the time making you laugh. She loved to dance, we would dance and she would try to teach me the latest dance moves and laugh as I struggled to get the steps.

**Suicide is the 2nd leading cause of death in the college age group.**



Karl Unwala, loved life and loved people; and yet he took his life the day after his 26th. birthday on May 12, 2008. The world was a better place because of him. He never judged anyone, he accepted people for who they were. He was brilliant, outgoing, a musician but most of all he was a humanitarian. He gave away new shoes, jackets, clothes to the homeless and needy. His plan was to have a music venue or cafe where kids could hang out and have clean "fun" and play/listen to music. We spread his message of love, hope and sharing through music, by hosting an annual concert in his memory " Karl's Call for Life."

**25% of police officers** are either suffering from PTSD (*many undiagnosed and untreated*) or some other form of job-related emotional stress significant enough to alter or disrupt their lives.



Greg O'Dell was 54 years old. He spent 37 years in law enforcement. He worked his way up through the police department to the role of Chief of Police at a University. Greg was active in his community and had a passion for helping others, his family, and his golf game.

**1 in 4 suicide attempters has a family history of suicide. Survivors of suicide (those left behind after a suicide loss) have an up to 5 times higher risk of suicide than the general population.**



Darlene Meyer Breland, age 39, was employed as the Litigation Support Manager for a top Atlanta law firm. She was a graduate of the University of Louisville where she worked as the administrative assistant to legendary basketball coach Denny Crum while attending school. She also worked as an administrator to the US Army JAG office at Ft. Knox, Kentucky. Darlene was the consummate professional.

Mike Meyer, age 19, was enrolled in the Toyota automotive program at Gwinnett Tech when he ended his life. Mike was an avid cyclist having completed the Bicycle Ride Across Georgia. He was artistically talented and was quite a good drummer.



**8 months after her son Mike's death by suicide, Darlene also took her own life.**

