



LINDA DIAZ

Our youth are the future – Start the Conversation to Shatter the Silence!

3 Takeaways



Understanding Risk Factors and the direct relation to youth Behavioral Wellness.



Recognizing the signs of a child in crisis.



How to create a safe line of communication with youth who are afraid to ask for help.



Bio

Linda Diaz is a proud, devoted, single mother of two daughters and grandmother of one granddaughter. On February 16, 2013, Linda's family was forever changed. Linda's 15 year-old daughter, Lauryn, left by suicide after a cruel act of bullying. Though living with grief, Linda clearly saw the effect Lauryn's suicide had all around her. It became overwhelming. In less than five weeks, one of Lauryn's best friends survived a suicide attempt; a second survived two suicide attempts in less than a year. One of those friends was only 13 years-old. The heart wrenching question became clear, "What are we missing?"

In May 2013, Linda started on the road that would ultimately place her on an unforeseen journey. She began studying Mental Health Risk Factors and trained in Suicide Prevention in order to personally assist families in crisis. Linda's experience led to hosting, as well as speaking publicly, in order to educate communities on Bullying and Suicide Prevention Awareness. This journey led to a greater audience, as Linda began to work with Maryland legislation, in support of required Youth Mental Health Training. The result: two laws were passed in support of Youth Behavioral Wellness Training in Maryland schools. HB0947 was signed into law in 2015, as well as HB0920, signed into law in 2017. Visit laurynslaw.org to find courses supporting the Lauryn's Law legislation in Maryland.

The drastic increase of personal assistance for families in mental health crisis has overshadowed the simple need for pamphlets and information, which has led to the birth of Linda's nonprofit organization, Lauryn's Law. It is vital that we ensure our youth's voices are heard. Linda's goal is to inspire HOPE, provide coping skills for our youth and help them see they are NOT a burden in life, so they can SEE a brighter tomorrow. They are NOT alone.

References

Linda Diaz's presentation for my staff was a life changing experience for everyone who attended. Ms. Diaz was engaging and genuine about her passion to end suicide. She provided facts that I did not know as a licensed clinician. At the end of the presentation, I wanted to cry, but her words provided me with hope. I truly admire Ms. Diaz and I am grateful she was brought into my life to share her story. She is an amazing person.

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