

SUICIDE AWARENESS PODCAST SERIES

NOTICING. STAYING. RESPONDING.



WHAT IF THE MOST IMPORTANT THING YOU DO THIS YEAR IS SIMPLY PAY ATTENTION?

A 5-part series with trainer Joseph Zolobczuk, creating space for honest conversations before a crisis, during a loss, and long after.

THE SERIES:

1. **You Never Know Who It Could Be** — suicide doesn't always show warning signs
2. **Compassion: Life Is Hard and Messy** — presence matters more than perfect words
3. **The Pressures We Don't Talk About Enough** — quiet stress adds up
4. **Safety Is Primary** — reducing stress during crisis, without judgment
5. **The People Left Behind** — supporting survivors of suicide loss

TAKEAWAY THOUGHT:

Just be there: present and supportive.



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Joseph Zolobczuk

is a suicide prevention educator and public health researcher with over 30 years of experience in nonprofit public mental health, including direct work with families on suicide prevention and post-intervention support.



[SCAN TO LISTEN](#)



NEED HELP NOW?

For immediate help call or text 988 anytime.
Your EAP can help too. Reach out for no-cost confidential counseling and access to comprehensive wellbeing resources.