

THIRD BOOK IN #EMERGINGPROUD SERIES TACKLES THE STIGMA SURROUNDING SUICIDE

#EmergingProud Through Suicide is the third book in the “KindaProud Pocketbooks of Hope and Transformation” series and is launching on 10th September 2019 to coincide with World Suicide Day.

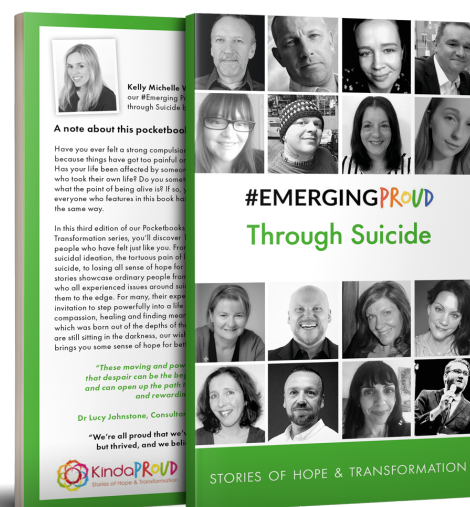
#EmergingProud Through Suicide, the latest book in the KindaProud Pocketbooks of Hope and Transformation series, aims to offer an alternative perspective on this sensitive issue by telling stories of hope from individuals who have been close to taking their lives describe what helped them to not only survive, but thrive.. Our society is becoming more open to normalising the struggles of mental health, and sharing positive stories is considered an essential part of the recovery and healing process as it helps people to feel less isolated.

Everyone in #EmergingProud Through Suicide has previously hit an all time low in their life but found inner strength to emerge stronger and more determined to live a meaningful life than ever before. The transformational and true life stories in this book provide the reader with positivity and hope, as each individual recounts their personal story, sharing the valuable messages they have learnt along the way. These stories touch on how important it is to seek help and guidance at such a vulnerable point in life, getting on the path of mindfulness and learning to truly connect with oneself and others.

Included in this book is Pete's story; at his lowest point, he felt that he had nothing left to live for. However, a little persistent voice inside told him that something better was around the corner if he could just hang in there, and although he didn't know what this was, he took the brave step and called a helpline to fight for his life. It was an external voice and listening ear that gave him the hope he needed to start to turn his life around. Another inspirational story is told by David, who, after spending time in prison feeling 'hopeless' and 'helpless', decided that something had to change. He presents a brave, personal account of his journey through overcoming adverse childhood experiences to becoming the manager of a rehabilitation service.

Kelly Walsh is the book representative for #EmergingProud Through Suicide. Her personal story about both her own suicide attempt and how she has grown through experiencing the pain of her father's transition through suicide provides an inspirational example of a healing journey. She uses her experience to share her passion for spreading positivity, knowledge and wisdom of her brief experience 'on the other side'. With her knowledge, she hopes to break down the stigma attached to suicide and encourage more people to talk about their experiences.

For further information, comments, or for interviews please contact Beckie Jordan on beckie@mediajems.co.uk or 01603 743



"Suicide is the leading cause of death among young people aged 20-34 years and for men under 50 in the UK. 'The Office for National Statistics revealed that someone dies from suicide in the UK every 2 hours and, internationally, I heard that it may even be as frequent as every 43 seconds. (2017)

Perhaps, working together, if we can get a life-affirming message out into the world then more suicides could be prevented. If this approach stops just one person from taking the suicide route, then surely it's a message worth sharing"



Kelly Walsh,
Book Rep for #EmergingProud Through Suicide

The KindaProud Pocketbooks of Hope and Transformation series is a partnership between independent publisher That Guy's House and Founder of the #Emerging Proud campaign, Katie Mottram. Further books in the series include #Emerging Proud through NOTES, #Emerging Proud through Disordered Eating, Body Image and Low-Self-Esteem, and #Emerging Proud through Trauma and Abuse.