

Sentenced to Life

Heidi Bryan, B.A.

Nationally Recognized Suicide Prevention Advocate

Thursday April 11, 2013

Pruis Hall

7:30pm to 8:30pm

Free and open to the public

Having grown up in an abusive environment where addiction and mental illness were prevalent, Heidi Bryan struggled with depression, alcoholism, being suicidal, and feeling her life was something to be endured. After her older brother killed himself, she realized suicide was no longer an option and felt sentenced to life.

During this presentation, Heidi will discuss how she survived, what helped her, and how receiving a life sentence was the best gift she could have received.

Heidi is a national speaker, author, and non-profit consultant at Heidi Bryan Consulting, LLC.



HEIDI BRYAN, B.A.

Sponsored by:

East Central Indiana Suicide Prevention Coalition
National Alliance on Mental Illness - Delaware County
Ball State University Counseling Center
BSU Office of Health, Alcohol and Drug Education
Department of Communication Studies
Department of Counseling Psychology
Department of Educational Psychology
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