



## Jeff's Story

Jeff Morris was a high school educator for almost twenty years. He began his career teaching math and coaching boys' basketball. He then became an assistant principal at Massac County High School in Metropolis, IL. Over the next 15 years, Jeff was a high school administrator in southern Illinois and St. Louis, MO. Jeff is also a six-time suicide attempt survivor. From 1997-2009 he was hospitalized several times for being suicidal which led to him leaving education due to health concerns.

His goal is to help others learn that depression and other mental illnesses are manageable and that, most importantly, anyone can help someone who is suicidal.

"To live without  
hope, is to CEASE  
to live"

- Fyodor Dostoevsky

Jeff Morris  
RR5 Box 333  
McLeansboro, IL 62859



## Suicide Prevention Program



Presented by  
Jeff Morris  
*Certified QPR Trainer*

“ Jeff’s presentation is valuable information for all educators. I have seen it multiple times and always come away with something new. The knowledge gained from Jeff’s presentation will be a positive difference maker in student’s lives.  
- Chris Aaron, Social Studies Teacher, Casey Junior High (Mt. Vernon, IL) ”

“ There is nobody more credible and has more insight than someone who has been there. Jeff has been there, and isn’t ashamed to share his struggles with others. His life lessons have become our learning tools.  
- Dennis Smith, Superintendent, Massac County Unit 1 (Metropolis, IL) ”

**DID YOU KNOW?**  
**According to the Center for Disease Control:**

- Suicide is the **SECOND** leading cause of death for ages 10-24 (accidents are 1st).
- Suicide is the **THIRD** leading cause of death for college-age youth and ages 12-18.
- More teenagers and young adults die from suicide than from cancer, heart disease, AIDS, birth defects, stroke, pneumonia, influenza, and chronic lung disease, **COMBINED**.
- Each day in our nation there are an average of over 5,400 attempts by young people grades 7-12.
- **FOUR** out of five teens who attempt suicide have given clear warning signs.

# WORKSHOP PARTICIPANTS WILL LEARN

- how to deal with stress and anxiety in a positive way
- the warning signs exhibited by a suicidal person
- common myths associated with suicide
- what to say to a suicidal person
- how anyone can save a suicidal person’s life

"Hope is a good thing, maybe the best of things, and no good thing ever dies."  
- Andy Dufresne from *The Shawshank Redemption*.

“ The fact that Jeff was a successful educator himself coupled with the way that he openly shared his own struggle with depression, gave him instant credibility with our faculty and staff. Our staff found his presentation to be straight-forward with practical application. Moreover, his presentation reinforced in all that attended that depression and suicide can happen anywhere.  
- Dr. Kelly Stewart, Superintendent, Benton High School District #174 (Benton, IL) ”

“ I just wanted to tell you that your presentation was amazing, I honestly think you’ve opened some people’s eyes. I have major depression and have been hospitalized before and I just wanted to say thank you.  
- H.D., Student, Crab Orchard HS (Crab Orchard, IL) ”

“ Jeff’s honesty about his own personal experiences helps bring home this important message. This information is needed not only by students who may be having similar problems, but by everyone. We all know someone who is suffering. Knowing how to recognize the signals is invaluable. Jeff’s public speaking skills allow him to deliver this serious message while using a few humorous anecdotes along the way. This keeps his audience engaged and enables him to reach them more deeply.  
- Annette Braden, Counselor, NCOE High School (Norris City, IL) ”

You may contact Jeff to come present to your school or group at 314-910-1223 or at [jdmoe67@gmail.com](mailto:jdmoe67@gmail.com)