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National Mental Illness Awareness Week puts focus on Curing the Stigma

Deb Sheppard, Internationally Recognized Medium, Author and Speaker shares the personal story of her loss from a death by suicide

Denver, CO. According to the CDC, suicides are on the rise in the United States. The suicides of both designer Kate Spade and renowned chef Anthony Bourdain shocked the world earlier this year. Lady Gaga, who has been open about her own mental health struggles, has written an essay calling for action to prevent suicide deaths.

Deb Sheppard is an Internationally known medium who has a mission to help prevent suicide and to aide suicide and mental health awareness through numerous efforts and organizations. Deb's own life was touched multiple times by suicide, and she intends to help change the stigma surrounding this in her work.

Deb's recently published book, *Grieving to Believing: Discovering the Afterlife*, tells her personal story and expresses her depth of understanding of the subject.

In Grieving to Believing, readers have the chance to be acquainted with Deb's personal journey of loss and healing while also making the connections to the afterlife. Deb experienced the loss in her own life, which didn't stop normal human emotions and hurt, just as others feel when death crosses their path.

Deb has been the featured speaker on the topic of suicide for multiple organizations and at numerous events, such as the Young Professionals Organization, Survivors of Suicide, Women in Business with Mrs. Sandy Dahl (widow of Captain Jason Dahl, the pilot of United Airlines flight 93 on 9/11), and at Cherokee Castle & Ranch in Sedalia,

Colorado. Deb is regularly involved with the American Foundation for Suicide Prevention, including their “Out of Darkness Walk” each year.

ABOUT DEB SHEPPARD:

Deb Sheppard, internationally recognized medium, psychic, author and speaker, has connected thousands of clients to their loved ones in spirit, helping bring life full circle. She has done over 50,000 readings since 2001. Death is a part of every life, and Deb believes those who have crossed over remain connected to us—although they are on the other side, they are forever by our side.

Deb’s incredible ability places her in the top three percent most accurate in her profession and is known in her work as an “empath” and medium. As an entertainer, her sense of humor, light-heartedness and compassion create a safe and fun environment for all who attend her readings and events.

Several publications have also highlighted her philosophies and spiritual understandings including The Healing Path Magazine, which also featured John Holland; Orbs A Personal Journey, a book by Donna Didomenico; Good to Go: A Guide to Preparing for End of Life, a book Jo Myers; and My Loved One Shines On, a Gift from Beyond, a book by Disa Van Orman.

She takes part in other organizations that are doing good work in the world, too, including the “Chelsea Hutchison Foundation” that benefits families touched by seizures, and has been involved with Denver Hospice’s “The Mask Project,” “Camp Comfort” and “Project Safeguard.”

Filled with enthusiasm for helping others, Deb facilitates self-discovery through her Mentoring Program. She also participates in the community by mentoring intuitive kids and supporting teachers and school counselors through her program, “The No Labels Project.”

For more information on Deb’s book or to see her upcoming personal appearances, go to www.debsheppard.com.

To schedule an interview, contact her publicist, Sandy Lawrence.

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