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**DEB SHEPPARD CONNECTS VETERANS TO GRIEVING PROCESS IN HER LATEST BOOK, *GRIEVING TO BELIEVING***

*Sheppard, an internationally recognized medium, author and speaker, shares her journey of loss and healing*

**Denver, CO.** According to Military Times’ online article*, Suicide Rate Spikes Among Younger Veterans*, the suicide rate of veterans aged 18 -34 steadily increased from 2006 to 2016, with a jump of more than 10 percent from 2015 to 2016. That translates into 45 deaths per 100,000 veterans, the highest of any age group. Suicides rates are also high among older veterans. Nearly 60 percent of veterans’ suicide in 2016 were from individuals 55 or older.

Veterans were 1.5 times more likely to commit suicide than nonveterans during this time period. And women veterans have been particularly vulnerable, with a suicide rate nearly double that for nonveteran women as reported by [www.AARP.org](http://www.AARP.org).

Deb Sheppard, known internationally as a psychic, author, speaker and medium, uses her gifts to promote awareness and to help #stopsuicide. Deb shares her insightful book, *Grieving to Believing: Discovering the Afterlife* with those who have lost someone to suicide as well as to the veterans going through the grieving process.

*In Grieving to Believing*, readers become acquainted with Deb’s personal journey of loss and healing while also making the connections to the afterlife. The loss in her life didn’t stop her human emotions and hurt, just as others feel when death crosses their path.

For more information on ordering Sheppard’s book or to see her upcoming personal appearances, go to [www.debsheppard.com](http://www.debsheppard.com).

**ABOUT DEBI 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. 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.

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.

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.”

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