

Who We Are

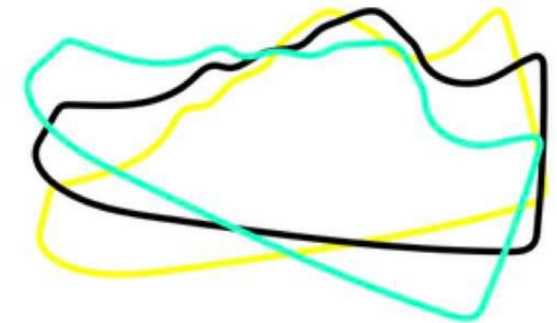
The mission of James's Warriors non-profit organization is to provide a resource to those affected by suicide through public awareness and education. We aim to bring change to the way mental health is perceived, reduce the stigma surrounding it and prevent suicide.

James Thomas 1998-2018



Contact Us to Schedule a Speaking Engagement

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jameswarriors.org
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JAMES'S WARR;ORS
NO ONE WALKS ALONE

Non-Profit Organization

For Suicide Awareness &
Prevention



Speaking Engagements

Our engagements encourage communication about mental health and suicide prevention with local youth alongside their peers, parents, and educators through live presentations. These presentations, which can be tailored based on the audience's age, include personal accounts of mental illness, biological and behavioral perspectives of mental health and suicide, as well as coping strategies for both children and adults to use when managing difficulties on their own and while discussing these topics together. We believe it is so important that our kids know that it is okay to talk about their feelings and we are here not only to encourage them to do so, but to provide them with the tools they need to start the conversation.

✓ Suicide is the 10th leading cause of death in the United States



Dr. Jaimee Arnoff, Ph.D.

Founder, Donna Thomas



OUR APPROACH

Dr. Arnoff is a licensed Clinical Psychologist, specializing in children, adolescents and young adults presenting with anxiety, depression, self-harm and suicidal ideation for the past ten years. In our presentation she speaks about the emotions associated with depression, things to watch for in yourself and others, ways to promote connectedness, as well as useful tools and resources pertaining to mental health.

Donna Thomas speaks about the grief associated with losing a loved one to suicide in her own personal account of losing her son, James, to suicide in October 2018. Her story includes personal letters from James, comparing his life between the months leading up to his death, and how easy it is to think, 'this could never happen to me.' It's a raw and emotional look into the truth behind the stigma surrounding suicide, and provides an intense understanding into why the James's Warriors organization is working to promote talking openly about depression and mental illness, and spreading the message "No One Walks Alone"