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 Adult Help Line:
 972.233.2233

 Teen Help Line:
 972.233.8336

 Español Help Line:
 972.233.2428





Depression is a serious medical illness; it's not something that you have made up in your head.

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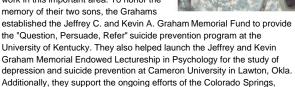
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## Major General Mark Graham Keynote Speaker

Major General Mark Graham is the Deputy Chief of Staff, G-3/5/7, U.S. Army Forces Command. In this position, he oversees the plans, operations and training for Army forces stationed in the Continental United States

He and his wife Carol champion military and civilian efforts to promote mental health and suicide prevention awareness and have received numerous honors for their work in this important area. To honor the memory of their two sons. the Grahams

Colo., Jeff and Kevin Graham Memorial Crisis Hotline.



Major General Graham was commissioned a second lieutenant of field artillery in December 1977 at Murray State University, Ky. Spanning over 32 years, Major General Graham has served in several key command and staff positions in the United States, Germany and Korea. Past assignments include artillery battalion command at Fort Sill, Okla.; brigade command in California where he was the first active-duty Army Colonel to command a National Guard brigade in peacetime. His most recent position was as the Commander of Division West and Fort Carson, Colorado.

In addition to his Bachelor's degree in political science, Major General Graham holds a Master's of Business Administration from Oklahoma City University and a Master's in National Security and Strategic Studies from the National Defense University. He is also a graduate of the U.S. Army Command and General Staff College and the National War College.

Major General Graham has received numerous military awards to include the Distinguished Service Medal, the Bronze Star Medal, the Defense Superior Service Medal, and the Humanitarian Service Medal.



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## Do you need help now?

If you are in crisis or need immediate help, please call our crisis line now.

If this is a life-threatening emergency, call 9-1-1