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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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Mrs. Carol Graham Honorary Co-Chair

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In the last five and a half years, Carol has tragically lost both of her sons. Her youngest son Kevin, a University of Kentucky senior Army ROTC scholarship cadet, was studying to be an Army doctor when he died by suicide on June 21, 2003. Kevin was being treated for depression but had stopped taking his medication because he feared the Army would find out about his illness. Carol's oldest son Jeffrey was a scholarship student that graduated from the University of Kentucky in May 2003 with a degree in civil engineering, and was commissioned a lieutenant in the US

Army as an Armor officer. Jeff was killed while leading his platoon on a dismounted patrol in Khaldiyah, Iraq on 19 February 2004 as he was warning his men of an IED. This past year, Fort Knox named and dedicated "Graham Hall" in his honor.

Carol was instrumental in raising awareness for depression and suicide prevention for the families and Soldiers at Fort Sill, Oklahoma, Fort Sam Houston, Texas and Fort Carson, Colorado and the surrounding communities. Carol is now nationally recognized for her efforts in suicide prevention and behavior health and has received numerous awards and other recognition.

Carol speaks at conferences, seminars and workshops to help others survive grief and understand depression as well as to help prevent suicide. Among her many engagements she was a speaker at the 2006 Fort Sam Houston Annual Green Conference (for military spouses). Carol was also the keynote speaker at many events, including: the 2007 National Military Suicide Prevention Conference, the 2008 AUSA National Guard Suicide Prevention Conference, the 2008 Department of Defense (DoD)/Substance Abuse and Mental Health Services Administration (SAMHSA) Mental Health Conference, the Colorado Springs Faith Based Coalition Conference for Wounded Service Members, the 2009 Spring TRADOC Commanders Conference, the 2009 Carson J. Spencer Foundation Annual Dinner, and the 2009 Kentucky State Suicide Prevention Conference. She is an advocate for wounded Soldiers and their Families as she continues to speak out to raise awareness to the dangers of untreated Post Traumatic Stress Disorder (PTSD) and Traumatic Brain Injury (TBI). Carol was appointed to the national board of directors of the Suicide Prevention Action Network USA (SPAN USA) 2006-2009. She served on the Colorado Springs, Colorado suicide prevention board from 2007 - 2009. She currently serves as a member of the Public Policy Committee of the American Foundation of Suicide Prevention (AFSP) since their merger with SPAN USA. Carol and her husband Mark have received numerous awards including the People



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Magazine's Hero Award, the 2009 Shining Lights of Hope from the Carson J. Spencer Foundation, and the Heroes of Mental Health award.



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