



[www.suzifreeman.com](http://www.suzifreeman.com)

*Suzi Freeman*

TEEN MENTOR &  
SUICIDE PREVENTION  
SPECIALIST

MEDIA KIT

# Hi, I'm Suzzi!

TEEN MENTOR & MENTAL HEALTH ADVOCATE

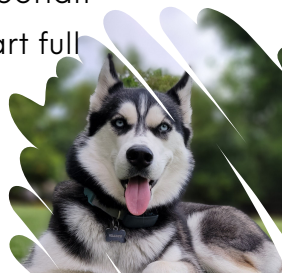
Holy guacamole! Here I am, in this amazing space I never thought I'd find myself in. Let me tell you, I'm relishing every moment like it's a scoop of fresh avocado on a warm summer day.

Flashback to 2017: my oldest son ditched college at NAU to sail the seven seas in the Navy, while my youngest son decided to fight crime at ASU (not literally) before donning a badge himself (literally, he is a Tempe Police Officer). Knowing my boys were in for a rollercoaster ride of life's ups and downs, this Mom got busy with a certification in Suicide Recognition & Prevention.



Little did I know, I'd soon be wrestling with the reality of my suicidal ideation, doing a mental tango that could have been deadly. It wasn't until 2020 that I finally threw off the cloak of silence and confronted my inner struggles (reference my TedX). Then on Mother's Day 2021, two months before my granddaughter's grand entrance, I had a good ol' fashioned breakdown.

From that day on, I vowed to shed my dark passenger and rise like a phoenix from the ashes, ready to live life to the fullest with my five fabulous kids, one adorable granddaughter, and a soon-to-arrive grandson (July 2023 baby!). And let's not forget my fluffy sidekick, Shadow, the two-year-old Siberian Husky who keeps me on my toes and my heart full (shall I say spirit animal)!



# Mission

## MY PROMISE

### ZERO YOUTH SUICIDE:

Suzi is the Founder of the Zero Youth Suicide Campaign, the platform for Ms. Elite Arizona - a campaign that believes awareness alone isn't saving lives; action does. It's time to do more than just recognize that we have a problem with teen suicide and suicidal ideation. It's time to equip our youth with the tools they need to be lifesavers.



By also training families in mental health awareness and suicide prevention, we build a community prepared to support each other and prevent a crisis.

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“Suicide Awareness Alone is NOT Enough; Certification & Training is!” ~Suzi

## Volunteer Work

- NAWBO Phx, Executive Board as President for 2023-2024
- Hire Heroes, Military Career Counselor

**248**

Families Certified

**233**

Bears Distributed

**23**

Workshops Held

## Suzi's Work

### WORKED WITH

**Mesa  
Community  
College**

**GILBERT  
CHAMBER  
LEADERSHIP  
CLASS 31**

**Aspiring  
Youth  
Academy**

# Teen Warrior Box

FAMILY SUICIDE PREVENTION

"Lack of knowledge can foster fear & fear can create denial." ~Suzi

The Teen Warrior Box is quarterly subscription service that is an innovative solution designed to support parents and teens in having an open and honest conversation about mental health and suicide.

This is a crucial conversation that many parents shy away from due to a lack of knowledge and fear of not knowing how to approach the subject in a sensitive and effective manner.



September 2023 we launch The Zero Youth Suicide Edition of The Teen Warrior Box. This is free to teens around the US, with the help of our sponsors!

## OUR PROMISE TO YOU!

- Provide guidance on how to initiate the discussion in mental health & suicide
- How to recognize if your teen is in danger
- How to ask the important questions
- Provide resources on how to respond to and answer the hard questions
- Help you build trust and strong communication within the family unit
- We make this fun and enjoyable; there will be lots of laughs and memories made
- You and your family get certified in suicide recognition & prevention!

The Teen Warrior Box is a physical box mailed with loads of stuff to help start that conversation. 988 huskies, journals, family journal and crystals, books on mental health awareness, a guiding light necklace for Mom, nine digital mini-courses, and QPR Certification for the family. Each box is themed and tailored to support teens mental wellbeing!



# Teen Mentorship

TEEN WARRIOR ACADEMY

Suzi has been daydreaming about Teen Mentorship for ages, but she knew it had to be something special, something that would stand out from the crowd.

And boy, did she deliver! This mentorship is all about mental health, emotional intelligence, and learning important life skills - things that are so often overlooked in traditional education.

But that's not all. Suzi also runs a mentorship for the parents and guardians at the same time! Because let's face it, being a teenager can be tough, but being a parent of a teenager can be even tougher. So, Suzi is there to help the parents gain the confidence and skills they need to be their teens' rock and a guiding light through any challenge that comes their way.

Now that's what we call a game-changer!



Suzi & Her Twin Daughters (12)



# Teen Retreat

LIMITLESS GIRL POWER RETREAT

The Limitless Girl Power Retreat is to bring together a small group of amazing teen girls who have been affected by suicide and let them know they are not alone.

We are all about building strong, supportive relationships and empowering girls to communicate effectively and develop emotional intelligence skills and coping modalities to serve them for a lifetime.

And what better way to do all of this than in the gorgeous State of Arizona, where we'll be glamping it up in cozy, stylish yurts with the plushiest and most dreamy bedding you've ever seen!

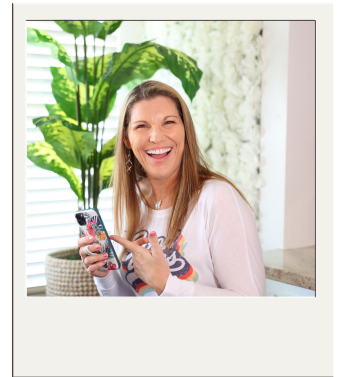
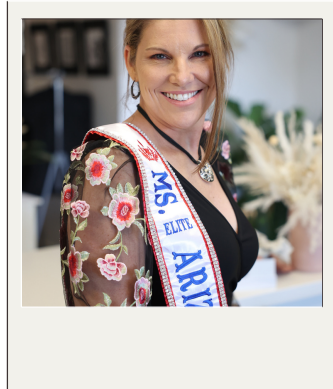
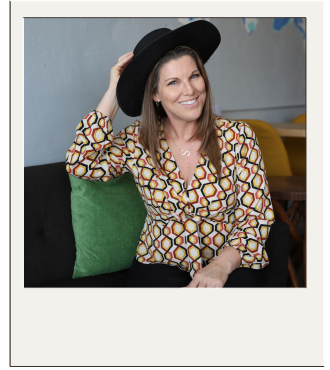
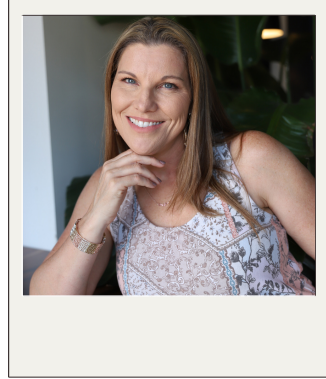
This retreat is about creating unforgettable memories and inspiring girls to be their best version.

# Teen Summit 2024

EMPOWER, EQUIP & ELEVATE SUMMIT

Get ready for Empower, Equip & Elevate: Teen Summit 2024, a fun-filled and transformative event crafted to inspire and bolster young people aged 12-17! This high-energy gathering focuses on building confidence, enhancing communication skills, and nurturing strong bonds among peers.

Through a thrilling lineup of expert speakers, interactive workshops, and exhilarating activities, participants will acquire essential life skills and unlock the power of effective communication, empowering them to overcome challenges and flourish in their personal and social lives.



## Ms. Elite Arizona

Suzi is your 2023 Ms. Elite Arizona with the Woman of Achievement Pageant. Suzi was invited into the pageant for her work in Suicide Prevention.




### GET IN TOUCH


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