

HEALING TOGETHER

**REIMAGINING SUICIDE PREVENTION
ACROSS CULTURES & COMMUNITIES**

2025 PREVENT SUICIDE WISCONSIN VIRTUAL KEYNOTE

SPEAKER: DR. LIA KNOX

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Meet Dr. Knox

- ▶ Co-Founder of Black Space HQ.
- ▶ Founder & CEO of Knox Behavioral Health Solutions (KBHS)
- ▶ Doctorate in Counseling Psychology (Auburn University)
- ▶ Master of Science (Concordia University)
- ▶ Bachelor of Science (Jackson State University-HBCU)
- ▶ Over 29 years of experience in mental wellness, cultural competency, organizational health
- ▶ Dynamic public speaker featured on The Today Show, New York Times, VOA News, PBS, and more
- ▶ Media Consultant for Mental Health Awareness



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Why This Conversation Matters

- ▶ Suicide affects every community—but **NOT** equally
- ▶ Suicide prevention requires more than just treatment - it requires trust, equity, and community
- ▶ Culture, history, access, affordability, and stigma all matter

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Mental Wellness Reframed

- ▶ Wellness - How we **Live, Learn, Love & Connect**
- ▶ Wellness – Does **NOT** imply absence of diagnosis
- ▶ Culture shapes how we define wellness

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Staggering Stats

- ▶ Nearly **50%** of people who die by suicide had no known mental health diagnosis.
- ▶ In Wisconsin, suicide is the **2nd leading** cause of death for people ages **10-34**.
- ▶ **1 in 3 adults** feel uncomfortable talking to their supervisor about mental health.
- ▶ Over **60%** of people say they wouldn't discuss suicidal thoughts with family or friends.
- ▶ **BIPOC** and **rural** communities face higher stigma and fewer culturally responsive services.

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Barriers To Care

- ▶ Housing, Poverty, Trauma, Access, Stigma
- ▶ Especially in rural, under-resourced, and BIPOC communities
- ▶ Culturally relevant care is often missing

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A Culturally Intentional Approach

- ▶ Recognize and respect the full humanity of people through their culture, identity, and language
- ▶ Especially in rural, under-resourced, and BIPOC communities
- ▶ Create trusted, welcoming, and beautiful spaces where people feel safe and supported

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Workplace Culture and Mental Wellness

- ▶ Myth – Leave work at work and home at home!
- ▶ Workplaces are **NOT** separate from who we are, they're an extension of what we've seen and experienced at home and in our communities
- ▶ Normalize care, rest, and open conversations

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Finish this sentence:

“I wish my family, friends, workplace, or community knew that suicide”

Drop it in the chat!!!!!!

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A Culturally Intentional Approach

- ▶ Listen Like You Mean It:
Show up with presence. Ask with care.
- ▶ Make It Make Sense For Your Community:
Don't force a tool that doesn't fit.
- ▶ Build With The Spaces People Already Trust:
Healing happens when people feel safe.

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From Awareness To Commitment

- ▶ Reach Out To The “**Strong**” Ones Too:
Just because someone looks ok doesn't mean they are.
- ▶ Support In A Way That Speaks Their Language:
Care should feel familiar, not foreign.
- ▶ Create Space For The **REAL** Conversations:
Talking about suicide shouldn't feel taboo.

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Closing Collective Commitment

“What’s one thing you’re taking away from today?”

Drop it in the chat!!!!!!

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Let’s Stay Connected!!

Here’s to creating spaces – **TOGETHER** – that reflect care, culture, connection, and the courage to talk about what matters most!

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