



# Dennis Liegghio

author | speaker | musician

## “Overcoming Depression and Thoughts of Suicide”

In this presentation, Dennis openly discusses the experience of losing his father to suicide as a teen, his subsequent battle with a suicidal depression and personal path back up through the darkness. The presentation also includes acoustic performances of several original songs that help tell the story and provide a unique and brutally honest, heart-felt message of pain, recovery, connection, and hope.

In addition to sharing his personal story, Dennis outlines warning signs, risk factors, tips for coping with distress, and how to respond in a crisis. The ultimate goal of the presentation is to let students know that it is crucial to ask for help when we are struggling, and connect them to available resources.

To learn more about Dennis, you can download his free eBook “***Building a Foundation for Happiness***” which is published on his blog at [www.detourproject.org](http://www.detourproject.org).

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**Since 2007, Dennis has spoken nationally to more than 36,000 teens and young adults. A few venues include:**

- Michigan State University
- Grand Valley State University
- Oakland University
- Lawrence Tech University
- St. Clair Community College
- Macomb Community College
- Countless middle schools, high schools, and churches

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**“What you talk about makes people think and understand. Thank you. You are an inspiration to me, and many others.”**

*- Student, Dakota High School*

### Testimonials:

“Dennis - First off, on behalf of ASMSU, UAB and ACS, I want to say THANK YOU for coming to Michigan State University! It would be great to have you back in the future because you are sending a great message and you’re a survivor, and a positive role model for those struggling with depression. Thank you again!”

*Ann Recke - Michigan State University, ASMSU*

“I have been a professional in the mental health field for over 18 years and I have seen hundreds of educational presentations but this one is at the top of my list! Dennis is the perfect mix of reality, entertainment, emotion, and hope.”

*Laura Farwell (Organization/Community Education and Development Supervisor, CNS)*

“Dennis’ presentation is very personal, heart-wrenching and hopeful. While I understand that the word ‘hopeful’ seems out of place as a descriptor, it’s very true that attendees will come away from the program feeling empowered.”

*Carrie Bearss (Student Activities Coordinator, St. Clair County Community College)*