



Breaking Point Keynote Address

Welcome!

Breaking Point is a lived-experience keynote that explores what happens when emotional pain accumulates faster than support. Through personal storytelling, this session examines how well-intentioned words, social expectations, and systemic responses can unintentionally push people further into isolation.

This presentation challenges common assumptions about help, attention-seeking behavior, and what it actually looks like when someone is struggling.

Program Overview

Breaking Point centers on the reality that crisis rarely comes from a single event. Instead, it builds over time through repeated moments of being dismissed, misunderstood, or expected to “handle it.” Using personal narrative, this keynote invites audiences to reflect on how support is offered, how distress is recognized, and how silence is often mistaken for strength.

Recommended Audience

Breaking Point is appropriate for audiences ages 13 and up and is especially relevant for community groups, educators, mental health and medical professionals, first responders, and individuals working in support or crisis-adjacent roles. The session is also well-suited for organizations seeking suicide prevention education or mental health awareness programming rooted in lived experience rather than theory.



Program Format

- In-person keynote presentation
- Typically 60 to 90 minutes, including Q&A
- Suitable for small or large audiences

What to Expect

Participants will:

- Hear a firsthand account of cumulative emotional overload and crisis
- Explore how assumptions and labels can silence people in need
- Reflect on the difference between offering help and being truly accessible
- Participate in a guided Q&A discussion following the keynote

Key Takeaways:

Participants will leave with:

- A deeper understanding of how breaking points develop over time
- Awareness of how dismissive language and assumptions can cause harm
- Insight into why people in crisis may struggle to ask for help
- A clearer sense of how to show up more intentionally for others

Important Content Note

Breaking Point includes discussion of emotional distress, loss, and suicide attempt. The presentation is delivered with care and intention, in an honest and reflective manner. Organizers are encouraged to ensure appropriate support resources are available.

