

## Suicide Prevention with KTLA 5 #RipTwitch

You want to battle on the floor shake it break it make it bound He sparked joy for millions Lighting up the big and small screen sliding across the dance floor Those electric moves and infectious smile making the news All that more shocking that Stephen Twitch Boss died by suicide this week Investigators say boss hailed a right share from his Soka home to a nearby motel where his body was later found TMZ has now learned He left behind a suicide note at the scene alluding to past challenges in his life Those ations of this stunning of course death has triggered an outpour of love and grief from Hollywood stars family friends fans whose lives were touched by Twitch Yes So just what can this tragedy teach us to help save other lives at risk Joining us now to help us with some of those questions is a pair of experts on the subject of depression and mental health licensed clinical psychologist and speaker regime Mora and also live via Zoom We're joined by celebrity happiness coach Robert Mack both authors and both We're so grateful for you to be here Thank you so much for talking about a really tough topic but something that is important to address So doctor I want to start with you the type of feelings that people are dealing with that are suicidal Can you tell us about that What what can be going on for people So a lot of the times a lot of feelings of loneliness or low motivation or social isolation but a lot of the times you can't the signs don't show and you could be you know as an extrovert showing signs of happiness and feeling great and making other people happy as well But usually when you're diverting from your day to day and you're not able to go to work or sleep or eat So those are usually really good signs to keep a look out for And you know what it's not uncommon to have these thoughts these feelings these emotions as well But at what point do you know if and when these thoughts become dangerous I think when your life changes drastically in terms of you can't get out of bed you can't go to work you're not motivated to do things you used to love doing And I think it's usually those who are closest to us who usually notice those signs because sometimes they can be hard to tell especially when one person has a plan and they've already thought it through It could be really hard to tell because you're just shocked How did this even happen When they were feeling so great Yeah Rob I want to bring you into the into the conversation So you know about this subject all too Well we're told you once found yourself in a very dark place you had to fight your way out Could you tell us a little bit about what happened and how you did come back from

that For sure I remember being stressed and depressed since I was about six or seven years of age And I always thought I would grow out of it but that didn't happen I got to a place where I did some research decided I was gonna slash my wrist And um at that moment I felt a piece that I had felt before which was very strange to me So I put off the suicide for like 10 minutes which now is almost laughable but then it was a very tall order And in that 10 minutes I started doing a different kind of research um mostly around happiness and and you're all about a positive mindset obviously and self love and you have that with your star clients obviously how can someone that's struggling to find the positive Really turn that around Yeah I think for first and foremost it's to prioritize happiness above everything else That was a real challenge for me In the beginning I used to route my happiness through other people places and things That was the first thing The second thing was to begin conducting research on happiness There's an entire field of positive psychology that teaches us what leads to happiness and what doesn't And third was to begin making decisions accordingly I just want to hear a little bit more about your personal story because you were talking about literally making a plan to really hurt yourself and then deciding not to do that and and making a different choice What was going through your mind Can you talk about kind of the depths of despair and then how you chose not to act out your plan and then and then healed Yeah for me it was both circumstantial and existential So I always thought that I'd become a professional basketball player That was my dream And I always thought that I'd eventually have friends and maybe make money maybe even have a girlfriend And over the course of time I did accomplish some of those things not the professional athlete thing but everything else And despite accomplishing those things I continued to feel more and more depressed and suicidal on the inside And so I got to a place where I was contemplating suicide dozens and dozens of times a day and I couldn't understand why And I had trouble with gratitude for very simple things So I did some research and decided I was going to slash my wrist and I got a steak knife and I put it into my wrist Um Yeah so we're obviously glad to hear that you healed and you went through that process But Regine I want to bring you back into this conversation because a big topic in this is getting help those tools available for folks Is there really help for people out there What can you share with them Absolutely And I think I wanted to mention that receiving help is a sign of strength and not weakness because I think a lot of people feel embarrassed or or in denial of getting the help or just saying that I need help So incredible tools out there

there's the 988 also text that you could the suicide crisis hotlines and psychology today dot com is also a great resource to research psychologists or therapist in your area And there's definitely help out there and you're not alone I also want to ask you know not everybody can afford therapy when someone is in crisis I don't know how many people seek out therapy at that moment What are the most immediate tools the low cost tools I know you mentioned 988 what happens when you text or call 988 Who's on the other line What kind of you know reaction can you expect So usually they are counselors who are there to support and to provide there are also free resources that they can guide people Also as an immediate you bring up an important point is to seek someone you really trust Also this could be an immediate friend or family member that you feel you can reach out to Because a lot of the times people may feel again it comes back to shame and guilt and sharing how we feel But again that's what I want to encourage that sharing that you're not ok or that you do need help or you're having a bad day is a good thing to share with anyone that could be close to a friend or a family member and seek the help that you need And I know we're short on time We got to wrap up really quickly You mentioned family friends loved ones What do we do when we hear people coming to us with that Like how do we react What's good to say what's not good to say Can loved ones intervene when someone is in crisis Yes I love that question and it all comes down to validation So people want you to listen I think when someone is coming to you in crisis they want you to just hear them out and not give feedback because they do need that ear to lend on They do need someone to just listen because when you're just saying you'll get over it you'll be OK That's not enough that's not validating that actually makes them feel invalidated and not heard So just being there for them and offering that help or even supporting them and getting the help that they need Well Dr Murad Robert MC we appreciate you so much for being here and talking with us and our viewers about this If you or a loved one need mental health dial 988 for help for more mental health support tips from Regine And she also has a children's book you can visit regime mera dot com for more life coach resources from Rob Visit coach Rob Mack dot com Thanks so much to you both