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Talk on Teen Suicide From One Who's Tried It: Teens and Parents Invited to Darien Library, Oct 3

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Teens and their parents are invited to hear suicide attempt survivor Emily Torchiana speak at 7 p.m., Thursday, Oct. 3 at Darien Library.

She speaks about being a victim to severe cyberbullying in high school, which led her to her struggles with post traumatic stress disorder, depression and social anxiety, as well as overcoming a suicide attempt.

— *an announcement from [the Depot](#), Darien's youth center*

Torchiana, shatters the stigma surrounding mental health, by speaking at middle and high schools, conferences, and universities across the country about her experiences.

Her speech brings to light the silent stigma of mental health and build awareness about the serious effects of bullying and her presentations help individuals who are currently struggling to know they are not alone.

Emily founded [The Invisible Illnesses](#), a non-profit organization which shares stories of those affected by

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mental illnesses and assists them in taking the first step toward gaining support.

If You're Going ...

- This presentation to be held at the library, 1441 Post Road, from 7 to 8:30 p.m., Thursday, Oct. 3, and is sponsored by The Depot Youth Center and Darien Public Library.

Questions? Email Janice Marzano at janice@DarienDepot.com.