



Emma Benoit

Mental Health Speaker | Suicide Attempt
Survivor

emma speaks. MY ASCENSION

Emma Benoit is a nationally recognized mental health advocate, speaker, and subject of the documentary film, My Ascension. After surviving a suicide attempt as a teenager, Emma now travels the country sharing her story to help students feel seen, understood, and empowered.

Program Options

My Ascension Documentary Screening + Q&A;

A guided screening experience of the award winning documentary film, My Ascension followed by an interactive Q&A session where students have the option to submit questions anonymously. Students are encouraged to reflect, ask questions, and engage in a safe and supportive environment. Optional meet & greet available.

Keynote Presentation + Q&A

Following a brief introduction and a short film trailer of My Ascension, Emma shares her keynote presentation, creating space for connection and reflection. The program concludes with a Q&A session, where students have the option to submit questions anonymously. Optional meet & greet available.

Proven Impact

- Reached 150,000+ students nationwide
- Presented in 35+ states
- Supports peer-to-peer connection through Hope Squad's model
- Encourages help-seeking and reduces stigma around mental health

Get Connected

To schedule a program or learn more, please contact
Chelsey@emmaspeaks.org or visit **www.emmaspeaks.org**