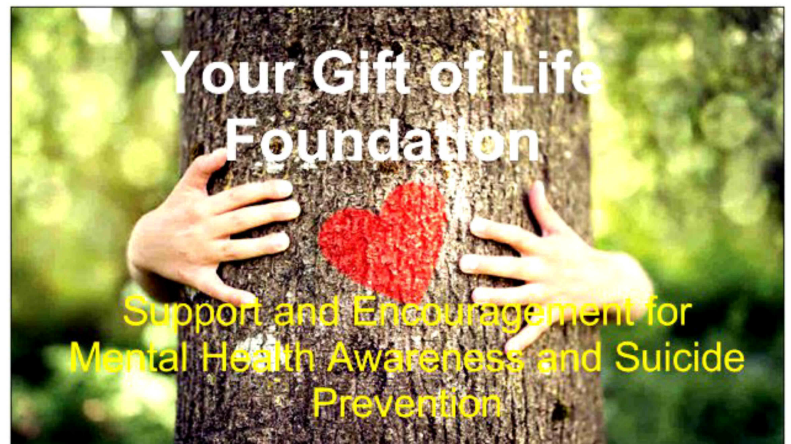


Former NBA All-Star, James Donaldson Promotes September is National Suicide Prevention Month

James Donaldson, a former NBA All-Star player and mental health advocate is reminding everyone that September is National Suicide Prevention Month

ELLENSBURG, WASHINGTON, UNITED STATES, September 1, 2022

/EINPresswire.com/ -- James Donaldson, a former NBA All-Star player and mental health awareness and suicide prevention advocate, is reminding everyone that September is National Suicide Prevention Month.



Your Gift of Life Foundation

Donaldson, who battled through mental health challenges of his own a few years ago, now makes it a point to try to de-stigmatize mental health issues.

“

Suicide is a permanent solution for a temporary problem.... keep hanging in there and get help”

James Donaldson

He's a published author and his latest publication is [Celebrating Your Gift of Life: From The Verge of Suicide to a Life of Purpose and Joy](#)

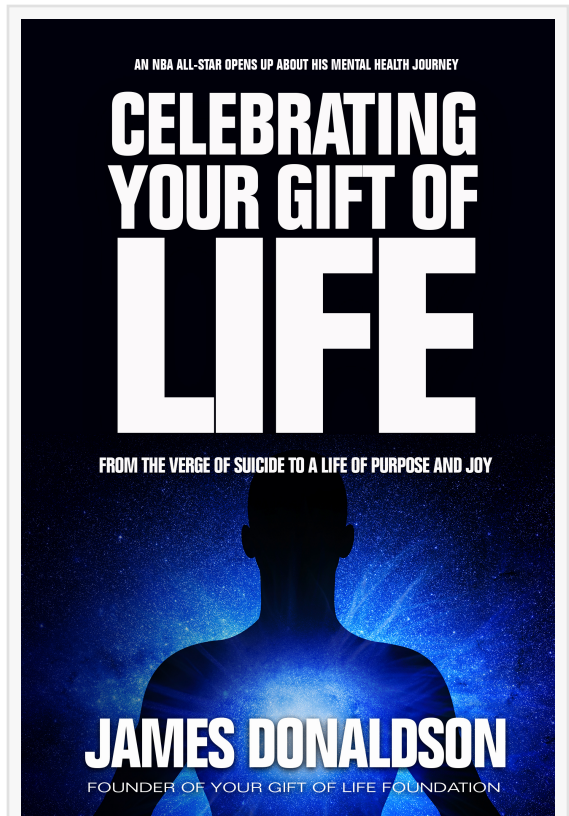
Order your own personally signed copy right here.

Follow his daily mental health awareness blog at www.standingabovethecrowd.com

Donaldson has stated that this is his "next chapter" of life and has the same passion and commitment that he showed with basketball.

Keep up with James and the work that he is doing with his foundation at [Your Gift of Life Foundation](#)

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Celebrating Your Gift of Life Book
Cover



James Donaldson

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