

Dr. Julie Sorenson Unveils Innovative Suicide Prevention Resources

Dr. Julie Sorenson releases life-saving suicide prevention tools, including "Let the Sunshine in from the Black Hole" book & teacher guide for grades 3-5.

PORTAGE, MI, UNITED STATES, March 5, 2025 /EINPresswire.com/ -- Dr. Julie Sorenson's Groundbreaking Work in Children's Emotional Health and [Suicide Prevention](#)

Dr. Julie Sorenson is a passionate [mental health](#) professional and author committed to helping children develop emotional intelligence and self-regulation skills. With a Doctorate in Marriage and Family Therapy (DMFT), a Master of Arts in Counseling (MA), and a Licensed Professional Counselor (LPC), Dr. Sorenson brings invaluable experience working alongside children, families, and educators. Today, she primarily focuses on providing impactful, research-based social and emotional learning (SEL) books for children and educators, offering a bridge to emotional growth through literature.

Dr. Sorenson's dedication stems from her belief that books are an incredibly powerful tool in helping young readers connect with and understand their emotions. Through relatable characters and stories, her books offer essential emotional tools, serving as resources for educators and caregivers supporting children facing emotional challenges.

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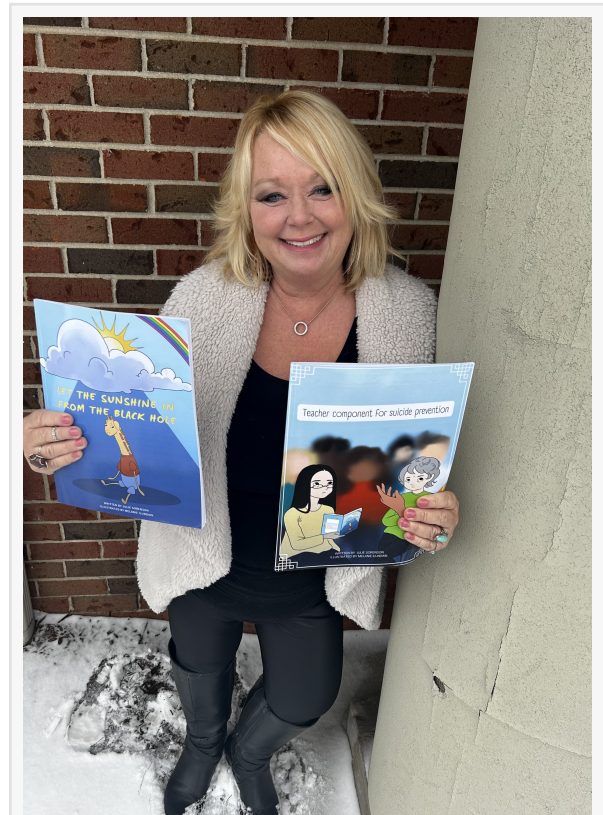
EVERY SUNRISE BRINGS HOPE, EVERY SUNSET BRINGS HEALING”

Dr. Julie Sorenson

Notable Works by Dr. Sorenson

Dr. Sorenson's remarkable body of work includes a range of insightful titles designed to address various emotional challenges faced by children. These include "A Nasty Virus Struck the World, So the Giraffes Stay Home to Stay Safe,"

"Social What? Don't Call Us the Bad Kids," and "Let the Sunshine in From the Black Hole," with



Let The Sunshine in From the Black Hole and The Teacher Component for Suicide Prevention

accompanying educational components for suicide prevention, such as “The Teacher Component for Suicide Prevention.”

Her most recent release, “Let the Sunshine in From the Black Hole,” is a groundbreaking, research-based book for children in grades 3 to 5. This story uses personification to address the sensitive topic of suicide prevention in a way that is both accessible and understandable for young readers. The book serves as an essential resource for schools, therapists, and caregivers who support children struggling with thoughts of self-harm.

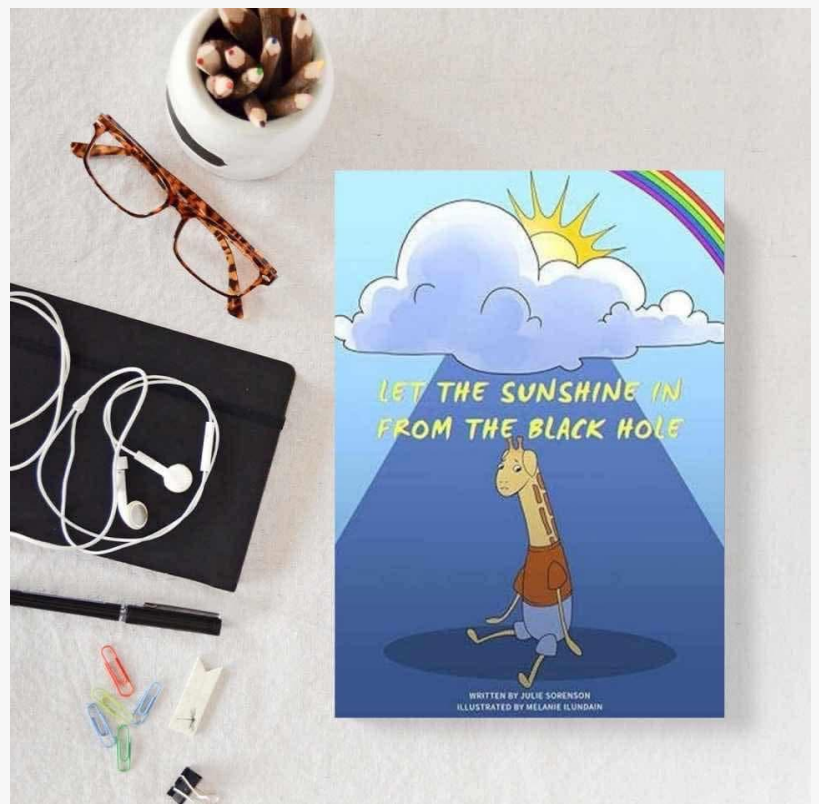
Accompanying “Let the Sunshine in From the Black Hole” is “The Teacher Component for Suicide Prevention,” a comprehensive guide designed to equip educators with essential knowledge about suicide, including its history, trends, warning signs, and practical materials to facilitate sensitive conversations with at-risk students. This guide aligns with the children’s book, offering lesson plans and resources to help educators address emotional well-being in a supportive and compassionate manner.

A Holistic Approach to Emotional Support

Dr. Sorenson’s two-part initiative, including “Let the Sunshine in From the Black Hole” and “The Teacher Component for Suicide Prevention,” offers a holistic approach to emotional support. This transformative resource is designed for a wide range of environments such as schools, therapy



With each sunrise is a fresh new start, with each sunset helps to put the days difficulties away.



This invaluable resource uses personification so children can discuss a difficult subject

offices, universities, and hospitals. The initiative empowers both children and educators with the tools they need to foster empathy, understanding, and prevention. By providing these valuable resources on Amazon, Dr. Sorenson ensures that communities can easily access the support they need.

Dr. Sorenson's earlier works also offer timely support for children and families. "A Nasty Virus Struck the World" addresses the emotional and practical challenges posed by the COVID-19 pandemic, while "Social What?" reassures children returning to school after the disruption, offering coping strategies to manage their anxieties.

In "Don't Call Us the Bad Kids," Dr. Sorenson tells the story of Xavier, a boy navigating challenging behaviors and emotions alongside his peers in a behavioral room. Through the guidance of Miss Thornapple, the behavioral interventionist, the children learn invaluable self-regulation and de-escalation techniques. As they progress, they develop stronger emotional resilience and well-being.

Upcoming Book: Mean Mean Samantha Gene

Dr. Sorenson is set to release her latest book, "Mean Mean Samantha Gene," a poignant tale about a young girl named Samantha, who grapples with the consequences of her bullying behavior. After a difficult day at school, Samantha reflects on her actions and, with the support of her family, begins her journey toward understanding remorse and personal growth. This inspiring story of redemption and friendship offers important lessons about emotional maturity and the importance of empathy.

About Dr. Julie Sorenson

Dr. Julie Sorenson is a dedicated mental health professional and author with a deep commitment to helping children develop emotional intelligence and self-regulation skills. With years of experience working with diverse populations—including adults, children, families, and educators—Dr. Sorenson's work continues to make a profound impact. Her books serve as essential resources for those looking to support children's emotional well-being in a variety of settings.

Dr. Sorenson's books are available for purchase on Amazon, providing invaluable tools for parents, educators, and caregivers who want to guide children through emotional and social challenges.

You can purchase these resources on Amazon

The children's book Let the Sunshine In from the Black Hole <https://a.co/d/0rOPIFM>

The Teacher Component for Suicide Prevention <https://a.co/d/fjHhW2M>

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