

Kevin Hines

Suicide Survivor, Wellness Advocate, Best-Selling Author & Documentary Filmmaker

Cracked Not Broken. Kevin shares his story of hope and celebration of life. Kevin Hines is a mental health advocate, global speaker, best-selling author, documentary filmmaker and entrepreneur who reaches audiences all over the world with his story of an unlikely survival and his strong will to live. Two years after he was diagnosed with bipolar disorder (at 19 years of age), he attempted to take his own life by jumping from the Golden Gate Bridge. He is one of only thirty-four (less than 1%) to survive the fall and he is the only Golden Gate Bridge jump survivor who is actively spreading the message of living mentally healthy around the globe.

The Art of Wellness. Kevin shares his steps for 'living mentally well'. In order to be self-aware and cognizant of his mental wellness, Kevin has developed a 10-step regimen to stay on track and monitor the signs of falling off track.

He discusses clinical studies that prove why these are important to maintain wellness for everyone, not just those with a diagnosed mental illness.

Audiences come away with a knowledge of how to build their own toolkit for maintaining their mental wellness, as well as the wellness of their loved ones.

In the Back of a Squad Car. Kevin shares his experience as a patient being escorted to a treatment facility for an involuntary psychiatric hold in the back of a San Francisco Police Department squad car.

He communicates what made this experience a good one for him.

Some key takeaways:

- Understanding What Drives Suicidal Behavior
- Improving Your Suicide Risk Prevention Skills
- Treatment Strategies for High-Risk Clients

Customized Workshops Include:

- Bullying
- Foster Care & Adoption
- Substance Abuse & Recovery
- Cultural Adversity
- Resiliency & Recovery
- Wellness in the Workplace