



The "Suicide: Talk about it. Save a life"
initiative proudly presents

Kevin Hines

GOLDEN GATE BRIDGE
JUMP SURVIVOR

November 13, 2018
Topeka Performing
Arts Center



Kevin Hines

Over 2,000 people have attempted to take their own lives by jumping off the Golden Gate Bridge. Only 26 have survived. Kevin Hines is one of them.

Since his jump in 2000, Kevin has dedicated his life to helping by sharing his story of pain, hope and miraculous recovery as well as helping others understand why people try to die by suicide. Kevin's will to live and stay mentally well has inspired diverse audiences all over the world. Thousands of people have told Kevin that his story saved their lives.

Kevin has received numerous awards from mental health and suicide prevention organizations across the country, including a Lifetime Achievement Award by the National Council of Behavioral Health. He has also been awarded more than 30 U.S. military excellence medals as a civilian.

Kevin is the author of a best-selling memoir, "Cracked, Not Broken: Surviving and Thriving After a Suicide Attempt," and has produced a compelling documentary film titled, "Suicide: The Ripple Effect."

Warning signs that a child or teen may need help.

As many as four out of five suicidal people signal their intentions to others, hoping it will be noticed. Here are some warning signs that a child or teen may need help.

- Talking about suicide or death in general
- Talking about “going away”
- Referring to things they “won’t be needing” and giving things away
- A dramatic mood swing from very depressed or suicidal to seemingly being fine
- Talking about feeling hopeless or guilty
- Pulling away from family and friends
- Losing interest in favorite activities
- Changes in sleeping and eating habits
- Drug use, drinking or self-harm
- Unexplained or unusually severe, violent or rebellious behavior
- Unusual neglect in appearance or hygiene
- Feeling sad or depressed for extended periods
- Obsession with death – often in music, poetry or artwork

What to do if your child is suicidal.

Children or teens who feel suicidal are not likely to seek help directly; however, parents, school personnel, and peers can recognize the warning signs and take immediate action to keep them safe.

When a youth shows signs that they may be considering suicide...

- Remain calm.
- Ask the youth directly if he or she is thinking about suicide (e.g., “Are you thinking of suicide?”).
- Focus on your concern for their well-being. Don’t judge them. Listen.
- Reassure them that there is help and they will not feel like this forever.
- Do not leave the child or teen alone. Stay with them. Remove means for self-harm.
- Get help! No one should ever agree to keep a youth’s suicidal thoughts a secret. Parents should seek help from mental health resources as soon as possible.

Kids and families don't have to go it alone. Resources are available.

National Suicide Prevention Lifeline: 1.800.273.TALK (8255)

The National Suicide Prevention Lifeline provides free and confidential support for someone who is suicidal as well as prevention and crisis resources for parents. Call anytime, day or night.

Crisis Text Line: Text "HOME" to 741741

The Crisis Text Line also makes it easy to get fast, free help 24 hours a day, 365 days a year. Since the text line was launched in 2013, trained volunteers have taken over 79 million text messages.

Family Service & Guidance Center: 785.232.5005

If your child is threatening suicide or to harm someone others, FSGC crisis services are available 24/7. Call 785.232.5005.

Appointments can be scheduled between 8 a.m. and 5 p.m.

The "Suicide: Talk about it. Save a life" initiative is comprised of Family Service & Guidance Center; all five Shawnee County public school districts; Hayden High School; and the Shawnee County Suicide Prevention Coalition.



Suicide:
Talk about it.
Save a life.

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