



FOR IMMEDIATE RELEASE
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Man Who Survived Suicide Jump From Golden Gate Bridge Speaks Locally

Kevin Hines tells his story to help others – Will be speaking in Dixon September 17th

(Dixon, IL)

In the moment **after he jumped from the Golden Gate Bridge** his **first thought** was **regret**. **Kevin Hines** attempted to take his own life on September 25, 2000. He miraculously survived that jump and today travels all around the world sharing his story of hope, healing, and recovery. He describes himself as a storyteller at heart. He is also a bestselling author, a global public speaker, and an award winning documentary filmmaker.

Kevin Hines will speak on Tuesday September 17th at 6:00 pm at Sauk Valley Community College's Mathis Theatre. "This is a **free event open to the public**," says Stacie Kemp, Sinnissippi Centers' Chief Clinical Officer. "Kevin's appearance is supported by grant funds from an Illinois State Targeted Response (STR) Grant."

"We are happy and privileged to be able to bring Kevin to speak to individuals in our area about this important topic," adds Kemp. "Kevin will inform us, inspire us, and most of all, motivate us to take care of our own mental wellness, and care for others around us", says Kemp.

Hines tells people how lucky he was to survive the 220 foot free fall from the bridge, although he was injured, shattering three vertebrae. Since the bridge opened in 1937, more than 1,700 people have jumped to their deaths from its structure and only 25 are known to have survived.

Kevin says that his thoughts that day were that someone might come up to him on the bridge and ask if he was okay or if they could help, and then he thought he would tell them his struggles and be safe., He says it's not logical, but that's the nature of suicidal thinking; it's not logical or rational. However, he also had an overwhelming compulsion to take his own life, and that compulsion won and he jumped.

Hines suffers from bipolar disorder and stays well through therapy, medication, exercise, and other activities. He wrote about his attempt and his recovery in a book, [Cracked, Not Broken: Surviving and Thriving After a Suicide Attempt](#).

He still struggles daily with his disease and symptoms of paranoia and suicidal thoughts, but he hopes that by telling his story, he can inspire others to seek help and begin their recovery. He encourages individuals to reach out for help if they are struggling and reinforces the importance of hope and healing. He also promotes the suicide prevention hotline that is always available at 800-273-TALK.

For more information about this event call Sinnissippi Centers at 815-284-6611, visit online at www.sinnissippi.org, or email us at info@sinnissippi.com. *If you are struggling with mental health concerns or having thoughts of harming yourself, call Sinnissippi Centers crisis line at 1-800-242-7642 for help, 24 hours a day, 7 days a week.*