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### **GWU Hosts Man Who Survived Suicide Jump From Golden Gate Bridge**

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# GWU Hosts Man Who Survived Suicide Jump From Golden Gate Bridge

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Office of University  
Communications

September 4, 2018

## *Kevin Hines Shares His Story to 'Instill Hope' and Advocate for Mental Health*

Kevin Hines

Kevin Hines will speak on “The Art of Wellness” at Gardner-Webb University Oct. 1 at 7 p.m.

BOILING SPRINGS, N.C.—Kevin Hines is one of the few people to jump off the Golden Gate Bridge in San Francisco, Calif., and survive the suicide attempt. Hines will describe what led him to consider taking his own life and discuss “The Art of Wellness” in a program on Oct. 1 at 7 p.m. at Gardner-Webb University. The event is free and open to the public and will be held in the Paul Porter Arena at Lutz-Yelton Convocation Center.

In the 18 years since his survival, Hines has shared his story all over the world in various settings to students, clergy, military, clinicians, health and medical professionals, law enforcement and business leaders. He’s also written a book about his struggle with bipolar disorder, “Cracked Not Broken,” and produced a documentary, “Suicide: The Ripple Effect.”

“My goal is to try to instill hope in at least one individual,” Hines shared, “so that one individual says, ‘Maybe I can stay here, maybe there are tools to fight this.’”

Hines’ appearance at Gardner-Webb was arranged by Brian Arnold, director of Student Activities, Campus Recreation and New Student Orientation. He and the rest of the Student Activities staff invited Hines to campus after hearing about his story. The event is co-sponsored by GWU Student Activities, Cleveland County (N.C.) Schools, Ollie Harris Behavioral Health Center in Shelby, N.C., and The Cleveland County (N.C.) Child Mental Health Collaborative.

The goal of the program is to open lines of communication on mental health topics. “It is important to create a safe environment for people to seek help,” offered Cindy Wallace, director of the GWU Counseling Center. “Our desire is to create an atmosphere in our community of support and understanding.”

Additionally, Hines will discuss the 10-step, evidence-informed regimen he has developed to keep himself from falling back into the depths of depression. He shares clinical studies that prove why these techniques are important to maintain wellness for everyone, not just

those with a diagnosed mental illness. Audiences will 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.

Hines' visit coincides with National Depression Screening Day, hosted by Gardner-Webb Counseling Center, and offered to faculty, staff and students on Oct. 4 from 9 a.m. to 2:30 p.m. in Faith Hall of Tucker Student Center.

***Auxiliary aids will be made available to persons with disabilities upon request 48 hours prior to the event. Please call 704-406-4270 or email [servicerequests@gardner-webb.edu](mailto:servicerequests@gardner-webb.edu) with your request.***

*Located in the North Carolina foothills, Gardner-Webb University is a private, Christian, liberal arts university that prepares students to become critical thinkers, effective leaders and compassionate servants in the global community. Emphasizing a strong student-centered experience and rigorous academics, Gardner-Webb ignites learning and service opportunities for undergraduate and graduate students. Ignite your future at Gardner-Webb.edu.*