



The Help Is Here Team**
of Cuyahoga Community
College (Tri-C®)
proudly presents



KEVIN HINES

*award-winning
author, speaker and
mental health advocate.*

Two years after being diagnosed with bipolar disorder, Hines attempted to take his own life by jumping from the Golden Gate Bridge. His compelling story, strong will to live, and message of living mentally well have impacted audiences all over the world.

JOIN US FOR A SPECIAL PRESENTATION

Thursday, April 9 | 11 a.m. – noon

Eastern Campus, EMHC Theatre Lobby
4250 Richmond Road, Highland Hills 44122

Thursday, April 9 | 7 – 8 p.m.

Western Campus, WSS, North Galleria
11000 Pleasant Valley Road, Parma 44130

Friday, April 10 | 11 a.m. – noon

Metropolitan Campus, MCC 201
2900 Community College Ave., Cleveland 44115

Friday, April 10 | 3:30 – 4:30 p.m.

Westshore Campus, SLT Commons
31001 Clemens Road, Westlake 44145

After hearing Hines' story, participants will be able to:

- Normalize the conversation around mental health and wellness
- Identify signs of suicidal ideation and planning
- Compare myths and misconceptions about mental health problems with facts
- Discuss key factors that support recovery from mental health problems

REGISTER HERE:

tri-c.edu/kevinhines



**Visit www.tri-c.edu/helpishere to learn more about Help Is Here, Tri-C's suicide prevention and mental health awareness initiative.