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## Author Discusses Suicide Prevention

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## **Author Discusses Suicide Prevention**

The lecture, free and open to the public, was co-sponsored by the [Dominican School of Business and Leadership](#) and the University's [Institute for Leadership Studies](#) as part of students' course study in business marketing in association with the North Bay Suicide Prevention (NBSP) Program of Family Service Agency of Marin. NBSP was sponsoring the event, as well, along with Marin County Health and Human Services and the Marin County Office of Education. Dominican's Student Life is co-hosted the lecture.

Hines is one of few who have survived jumping off the Golden Gate Bridge. With his book, which is on the bestseller list on Amazon.com, Hines explains his experience with mental health challenges, his ongoing recovery, and his efforts to reach out to people who are depressed or considering suicide.

According to a study on the nature of suicidal crisis among college students, "15 percent of graduate and 18 percent of undergraduate students have seriously considered attempting suicide in their lifetimes." (Drum et al., 2009)

Counselors for Family Service Agency of Marin were available to help students discuss Hines' presentation and to offer suicide prevention and mental health resources following the event at Angelico Hall.

In addition, FSA and the Marin County Office of Education are co-sponsoring two QPR workshops on October 2 from 3:30 to 5 p.m. and on October 3 from 6:30 to 8 p.m. at the MCOE Foundation Room, 111 Las Gallinas Avenue in San Rafael. QPR – like CPR -- provides skills that can save a life and offers techniques to help persuade and refer someone in need of assistance. Call Marin County Office of Education Safe Schools and Prevention Programs at 415-499-5804 for more information.

The North Bay Suicide Prevention Project is funded by the voter approved Mental Health Services Act (Proposition 63). The California Mental Health Services Authority (CalMHSA) is an organization of county governments working to improve mental health outcomes for individuals, families and communities. CalMHSA operates services and education programs on a statewide, regional and local basis.

For more information, contact Amy Faulstich, North Bay Suicide Prevention Project Coordinator at Family Service Agency of Marin, at 415-499-1193, Ext. 3004, or by emailing [a Faulstich@fsamarin.org](mailto:a Faulstich@fsamarin.org).

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