

Resources and links from Kevin Hines Presents the Art of Wellness: Families Impacted by Suicide and Mental Illness

Thursday, May 13th, 2021

The Art of Wellness:

- 1) Therapy 2) Exercise 3) Nutrition 4) Education 5) Coping Strategies (mechanisms)
- 6) Avoid alcohol and drugs 7) Advocacy 8) Meditation
- 9) Medication 10) The Plan (*for when others need to step in and help*)

Kevin's Website <https://www.kevinhinesstory.com/>

Kevin's YouTube Channel <https://www.youtube.com/channel/UCYZeM7MIkXtU--r9BIDTQA>

Kevin's Facebook Page <https://www.facebook.com/KevinHinesStory.us/>

Kevin's Twitter Feed <https://twitter.com/kevinhinesstory?lang=en>

Kevin's LinkedIn Profile

<https://www.linkedin.com/public-profile/in/kevinhinesstory?challengeId=AQHduEUfVfk8mgAAAXi26QQ4wLBrVs5syYBHhN1O1Ffa10ZzJQRNgFn-2IWg7MShhzivXjcf784FyFMcbUkShFDtSpTyf6b2NQ&submissionId=c30baa7c-fd34-7416-8e2b-3c777e5dec7c>

Maryland Crisis Line – 24/7 support- Dial 211 then press 1 for information, referrals, and crisis intervention

<https://211md.org>

National Crisis Text Line-Text "TALK" or "CNQR" to 741741"

<https://www.crisistextline.org>

National Suicide Prevention Lifeline-24/7 support at 1-800-273-TALK

<https://suicidepreventionlifeline.org>

Kevin practices Resonance Breathing- 4 seconds breathing in, hold breathe for 4 seconds, exhale for 8 seconds. He does this 30 times each in the morning, afternoon, and evening

Kevin's Book Recommendations:

Loving Someone with Bipolar Disorder (by Julie A. Fast)

Bipolar Disorder for Dummies (by Candida Fink and Joe Kraynak (Kevin is featured in the 3rd edition)

Movie: *The Bridge*, directed by Eric Steel (2005)

For more information about **The Bridge Rail Foundation**, visit <http://www.bridgerail.net/>

For more information on **Transcendental Meditation**, visit <https://www.tm.org>

Kevin uses the Calm and Headspace Apps.

<https://www.calm.com>

<https://www.headspace.com>

NotOK App-<https://www.notokapp.com/>

Online counseling sites Kevin recommends: Betterhelp and Talkspace

<https://www.betterhelp.com>

<https://www.talkspace.com>

Panelists: Greg Reuss and Kim Klump, Maryland Chapter of the American Foundation for Suicide prevention (AFSP).

<https://afsp.org/chapter/maryland>

Jesse's Paddle (The Jesse Klump Suicide Awareness and Prevention Program)- <http://jessespaddle.org/>

Resources and links from the American Foundation for Suicide Prevention (AFSP)

Please consider participating in our Spring events: [Hike for Hope](#), [Paws for Prevention Walk](#) and [Spring into Wellness](#). We also hope you will join us this fall for one of the 450 [Out of the Darkness Walks](#) to support AFSP's mission to save lives and bring hope to those affected by suicide.

The Healing Conversations Program connects those who have lost a loved one to suicide with trained volunteers, who themselves are also suicide loss survivors. To learn more or request a call go to <https://afsp.org/healing-conversations>. If you are a loss survivor yourself and you want to volunteer as a Healing Conversations Volunteer, please reach out to your local Area Director.

AFSP created a list of Book and Film recommendations for suicide loss survivors <https://afsp.org/books-for-loss-survivors>

Our Support Group Finder can be a great tool to quickly find a meeting/group near you <https://afsp.org/find-a-support-group/>

International Survivors of Suicide Loss Day Events are 350 plus small in-person meetings across the country that allow survivors of suicide loss come together to find connection, understanding, and hope through their shared experience. This year the International Survivors of Suicide Loss Day is Saturday, November 20, 2021 and many of our Chapters will provide a virtual option for those who can't or don't feel comfortable meeting in person. Learn more here <https://afsp.org/international-survivors-of-suicide-loss-day>

International Survivors of Suicide Loss Day Documentaries are a great collection of stories shared by suicide loss survivors <https://afsp.org/international-survivors-of-suicide-loss-day-documentaries>

AFSP collaborated with [The Dougy Center: The National Center for Grieving Children and Adults](#) to create a handbook filled with practical information for adults supporting young people grieving a suicide death. Children, Teens, and Suicide Loss is available as a download <https://aws-fetch.s3.amazonaws.com/flipbooks/childrenteenssuicideloss/index.html?page=1> or your local Chapter can mail you printed copies in English and Spanish.

#RealConvo Guide: How to talk to a Suicide Loss Survivor is a guide for those less familiar with talking to suicide loss survivors <https://www.datocms-assets.com/12810/1588687487-how-to-talk-to-a-suicide-loss-survivor.pdf>

To find more resources to support either yourself or a client after a loss to suicide, visit <https://afsp.org/ive-lost-someone>

Please also check out the AFSP May Mental Health Awareness Campaign: <https://afsp.org/mentalhealth4all>

Your local Chapter can mail you printed resources at no or little cost: <https://stores.kotisdesign.com/afspexternal/resources>

For Schools:

Please reach out to your local Chapter and Area Director to discuss how AFSP can support your school/community best.

Prevention Resources:

- [Model School District Policy on Suicide Prevention](#)
- High School Students, Staff and Parents: [It's Real – College Students and Mental Health](#)
- [More than Sad](#) for parents and staff
- [Seize the Awkward Youth Campaign](#)
- [Gizmo](#) (Elementary School children)
- Coming soon: new teen program

Postvention Resources:

- [After a Suicide: Toolkit for Schools](#)

You can find and connect with your local chapter here: <https://afsp.org/find-a-local-chapter/>

Maryland Chapter: afsp.org/Maryland

