



# VIDEO RESOURCES



# Who is Kevin Hines?



Kevin Hines is a storyteller at heart.

He is a best selling author, global public speaker, and award winning documentary filmmaker. In the Year 2000, Kevin attempted to take his life by jumping off the Golden Gate Bridge. Many factors contributed to his miraculous survival including a sea lion which kept him afloat until the Coast Guard arrived. Kevin now travels the world sharing his story of hope, healing, and recovery while teaching people of all ages the art of wellness & the ability to survive pain with true resilience.

Currently, Kevin is in pre-production of his new Docu Series The Journey, and is working on a comic book version of his life in cosmic & supernatural form called Hope Dealers. His fight has been long and arduous, but he is determined to remain committed to life until its natural end.

His motto: #BeHereTomorrow and every day after that.

He is one of only thirty-six (less than 1%) to survive the fall and he is the only Golden Gate Bridge jump survivor who is actively spreading the message of living mentally healthy around the globe.

Kevin's will to live and stay mentally well has inspired people worldwide. His compelling story has touched diverse, global audiences within colleges and universities, high schools, corporations, clergy, military, clinicians, health and medical communities, law enforcement organizations, and various industries. Thousands have communicated to Hines that his story helped save their lives. He has reached millions with his story.

His story was featured in the 2006 film The Bridge by the film director and producer Eric Steel. Kevin believes in the power of the human spirit and in the fact that you can find the ability to live mentally well. His mantra: "Life is a gift, that is why they call it the present. Cherish it always." His documentary "Suicide: The Ripple Effect" is now available to view via the Theatrical On Demand platform.



## IMPORTANT VIDEO LINKS

### "Suicide: The Ripple Effect" - Documentary Film

Globally Theatrical Release - March 13, 2018  
(Film Teaser Trailer Link)

### Kevin Hines "I jumped from the Golden Gate Bridge" BuzzFeed Video

(click for video link) / Over 300 Million Views

### Kevin Hines onstage with Logic at the 2018 Grammys

(click for video link)

### Kevin collaborates with Vlogger, Logan Paul on suicide prevention video #BeHereTomorrow

(click for video link) / Over 30 Million Views


# VIDEO RESOURCES

Science based and evidence formed video content, which aims to promote and foster better mind, behavioral and brain health. For things like;

- Stress
- Mental Illness
- Brain Health
- Suicide Prevention
- Hope
- Resilience Building
- Sleep Function
- Honesty in Therapy
- Routine Creating & Building

These tips and tools through this video format can be trained to students, staff, and parents to have a long lasting effect on lives changed. People are saying that when they follow each step, one step at a time, one month at a time for 10 months, with 6-9 months of adding this regimen to their lives, they are less suicidal, more mentally stable, more self aware, and some say it's saved their lives.

Please use this as an after step for your school to shift the paradigm with your struggling students.

Also please to help me spread the videos around the world to have more of an effect, ask your students to click subscribe and hit the  next to the subscribe button. This helps me track the lives changed by the videos.

CLICK EACH PLAYLIST TO WATCH



## Vlogs Season 2 [PLAY ALL](#)



How eating well has reduced my paranoia | Mark & Kev...  
Kevin Hines

Meet my friend Mark Dohner - PART 1  
Kevin Hines

He Jumped Off The Golden Gate Bridge & Survived |...  
Mark Dohner

Lights, Camera, Action.... ALEXA! Part 1  
Kevin Hines

Midland Texas; Storytelling & Hope  
Kevin Hines

## Vlogs Season 1 [PLAY ALL](#)

Take a look into my life. Interviews, travel, working out and continuing to spread the message that hope helps heal.



Episode 23 (Season 1) - Friday Fitness  
Kevin Hines

Episode 22 (Season 1) - My Fight Night Recap: KSI vs...  
Kevin Hines

Episode 21 (Season 1) - Barber Shop Stories  
Kevin Hines

Episode 20 (Season 1) Why I Joined The #Logang  
Kevin Hines

Episode 19 (Season 1) - The 98th Percentile  
Kevin Hines



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Series: Are You Ok? With Ari & Kev

Series: Road to Recovery with Dr Bart & Kevin

Series: The Green Show with Kip & Kev

## Series: The Art of Wellness [PLAY ALL](#)

Kevin shares his steps for 'living mentally well'. In order to be self-aware and cognisant of his mental wellness, Kevin has developed a 10 step regimen to stay on track and monitor the signs of

Step 1 Part 1 Therapy, Kevin Hines 10 Steps to The Art o...	Step 1 Part 2 Therapy, Kevin Hines 10 Steps to The Art O...	Step 2 - Meditation #TheArtofWellness A...	Step 3 Exercise #TheArtofWellness...	Step 4 of 10, Sleep #TheArtofWellness A...
Kevin Hines	Kevin Hines	Kevin Hines	Kevin Hines	Kevin Hines

## Monday Motivation: Exercise for Brain Health [PLAY ALL](#)

Join me every Monday for motivational workout posts.

Getting our conference workout in!   Monday...	Monday Motivation: Crunch Time	ABTASTIC Monday!	Beast Mode Time	Monday Motivation: Welcome
Kevin Hines	Kevin Hines	Kevin Hines	Kevin Hines	Kevin Hines

## Kevin Hines Story Revealed [PLAY ALL](#)

<http://www.kevinhinesstory.com>

Kevin Hines	Kevin Hines - First responder	Suicide: Be Here Tomorrow.	I Jumped Off The Golden Gate Bridge	Kevin Hines Jumped Off The Golden Gate Bridge - And...
CVTC Media Services	CVTC Media Services	Logan Paul Vlogs		

# TESTIMONIALS - From YouTube Channel

Since it is #nationalsuicidepreventionmonth, i'd like to thank @loganpaul for helping me smile and live another day as a person. he's been through thick n thin and ive just been by his side like he is with me. i'd also like to thank @kevinhinesstory and @jakepaul for letting me be me and #BeHereTomorrow . if it weren't for you guys, i wouldn't be here today - **abbyyy.castro**

Thank you so much for telling your story! I have battled with depression, anxiety, self-harm, a mild eating disorder, and suicidal thoughts. You have inspired me to continue living and to tell my story even in the darkest of times. I am a survivor of sexual assault and molestation. I am doing well now. I am 3 years free from self-harm and I am fighting everyday to eat healthy and to continue working towards my college degree of music therapy. Thank you again. I am praying for you and your journey - **lordoftheringsfan342**

Logan, Spencer, and Kevin. Have been so inspiring and positive to not just me but millions of people, they have made me change my mind about killing myself. I love them for that and that's what people don't get. - **Sarah Yuhasz**

Your the person to make me feel like I'm not what other people say I am love the story keep on making people not trying to kill them selfs and make them feel greater then what they - **Jayden Cisneros**

I love everything you do, you are the reason I try to be happy and you're the reason I try to #BeHereTomorrow - **Ronnie M Yuhasz**

You spoke at my school the other day. "North Huron School" in Kinde Mi. Your story was amazing and inspirational. Keep on grinding man! - **TS Venom**

This is the reason why i love you. ur inspiring, honest, but not hater or filled with anger. thank you for everything you have done to people around the world. suicide is not an answer. - **Sofia Alainen**

Hey Kevin. You came to my military base a few months ago in Missouri and your story is so amazing. We actually talked and you told me no matter what don't go back to night shift because of the things going on in my head. Well I listened to you and got several sleep studies and turns out I have severe narcolepsy with sleep paralysis and the hallucinations were from lack of sleep. I'm getting out of the military very soon and I'm so excited to make a new chapter to life. I love your IG posts and positivity. Thank you so much for that small talk you had with me. - **CoLew Gaming**

You are such an amazing storyteller. I've heard you tell your story several times via the internet, and I am inspired and humbled every time. Thank you for doing what you do, and thank you for being who you are. - **Lady J in Lotus Pose**

Thank you for your videos! I'm doing my best to educate myself so I can support my husband, who is suffering from bipolar, PTSD, severe insomnia, anxiety, in addition to multiple physical health conditions. It's extremely overwhelming for him and our family. Thankful for people like you who have found ways to overcome and are sharing it with the world - **batguillen**