Chapter 5: Bipolar Disorders and Suicide

**Video Title:** It Was An Instant Regret
**Video URL:** <https://youtu.be/aI_7CTy8V3w>

**Run Time:** 7:07
**Source:** Kevin Hines/YouTube
**Close Caption Available:** Yes

Summary of Video:

Kevin Hines, a mental health advocate, survived an attempt to take his life by jumping off the Golden Gate Bridge. He speaks internationally about his experiences and the importance of asking for help. In this video, he summarizes his story and his continued struggle with managing his bipolar disorder.

\*\*Please note, this video includes information about suicide and self-harm. Please use discretion and be aware of your own needs as you watch this clip.\*\*

As you watch the video, please answer the following questions:

1. How did Kevin perceive that others viewed him before he attempted to take his life? How might this feeling impact those who feel suicidal?

2. What did Kevin hope for the day that he attempted to take his life? How was he treated on the bus and on the bridge before he attempted to take his life?

3. What emotion/thoughts did Kevin experience as he let go of the rails on the Golden Gate bridge?

4. What number can you call to get help from the National Suicide Prevention Lifeline? How could you help someone who might be experiencing suicidal thoughts?