

## Kevin Briggs



### Moreno Valley College

**Monday, April 22**  
**12:30-2 pm**

**Student Academic Services Building,**  
**Room 121**

**For more information, contact:**

**Carlos Carrlo, MPH**  
**(951) 571-6103**  
**carlos.carrlo@mvc.edu**

Riverside Community College District is committed to providing access and reasonable accommodations to all District programs and activities. Accommodations for persons with disabilities may be requested by contacting the program/event organizer, Carlos Carrlo (951-571-6289) or the office of Diversity, Equity and Compliance at (951) 222-8039 by April 15, 2019. Requests received after this date will be honored whenever possible.



### Kevin's Impact

For over 20 years, former California Highway Patrol officer Sergeant Kevin Briggs patrolled the San Francisco Bay area; known as the *Guardian of the Golden Gate Bridge* for helping prevent over 200 suicides there, his goal now is to promote mental health awareness. He speaks to organizations worldwide about how to recognize signs of mental distress and to prevent suicide. Briggs' presentation, *Listening to Understand* is based on his experiences while patrolling the Golden Gate Bridge, and includes his own personal story of physical and mental health challenges and recovery, military service, surviving the suicide of a loved one and depression. Briggs' story has been featured in *The New Yorker*, *People* and *Men's Health* magazines, and on the *Steve Harvey Show* and NPR's *Bob Edwards Radio Show*.

DEPRESSION - CRISIS - PTSD - VETERANS - SUICIDE PREVENTION - TRAUMA - ADDICTION