

# Stress Reduction and Suicide Prevention for Project Managers and Their Teams



***You can make a difference. You can save a life. It can be as simple as starting a conversation.***

IT, healthcare, and construction professionals are at some of the greatest risk for suicide according to the Center for Disease Control and Prevention's Occupational Suicide List. Project managers in these industries are well served to recognize the prevalence of death by suicide and the importance of prevention practices within the workplace.

Frank King, *The Mental Health Comedian* and *Suicide Prevention Speaker*, works with PMs to develop effective suicide prevention strategies within their industry. Participants learn how to recognize warning signs associated with suicide, understand how to start a conversation, and offer support through referrals. By participating in this course, PMs have the opportunity to make a difference in the lives of their co-workers and others.

As a former writer for *The Tonight Show*, Frank knows how to infuse humor into his content and uses personal experience to highlight the importance of suicide prevention. Frank illustrates how suicide prevention practices reduce harm as well as facilitate a healthier, more productive, and more profitable office. Participants will gain a holistic understanding of mental health challenges in the workplace and learn how to reduce workplace stress, improve industry culture, and promote PM and team well-

**Did You Know?**

Using the QPR (Question, Persuade, Refer) protocol anyone can learn to recognize the warning signs of suicide, and help prevent the most preventable cause of death.

## Learning Objectives

- Define the epidemiology, etiology and risk factors of suicidal behavior
- Outline strategies for screening, assessing, and reducing the risk of suicide
- Understand special concerns, risk factors and interventions related to specific industries, such as IT, Healthcare and Construction
- Identify self-injurious behaviors and what objects, substances, and actions are common in suicide attempts
- Illustrate the management and treatment modalities for workers at risk for suicide, including best practices for connecting the worker to referral
- Recognize the top 5 signs of depression and suicide
- Employ the top 5 things to say and do to support those at risk
- Gain the knowledge and skills to conduct suicide *Postvention*
- Comprehend the relationship between workplace stress and suicide and learn valuable techniques to stress-less at work

**Suggested Formats:** Keynote or Half-Day  
**Suggested Audience:** Project Management Teams and Associations

# FRANK KING





# FRANK KING

Speaker, Writer, Stigma Fighter

**Are you able to recognize the signs and symptoms of depression and thoughts of suicide in your team?**

**Gain the skills and understanding necessary to save a life.**

Depression and suicide run in Frank King’s family. He has thought about killing himself more times than he can count. He’s fought a lifetime battle with depression and thoughts of ending his life.

Frank has turned that long dark journey of the soul into inspirational and motivational educational courses for healthcare professionals. His courses share lifesaving insights into mental and emotional health. Frank King is a suicide prevention and postvention speaker, author and corporate comedian. He was a writer for **The Tonight Show** for 20 years and has been featured on CNN’s **Business Unusual**. Frank is co-author of a book on men’s mental fitness, **Guts, Grit, and the Grind**. He co-hosts a podcast, **The Suicide Preven: on Punchline**. He has presented five TEDx talks.

By coming out, as it were, and standing in his truth and doing it with humor, Frank starts a conversation giving people with mental and emotional illness permission to give voice to their feelings and experiences surrounding depression and suicide. He creates a common pool of knowledge in which those who suffer, and those who care about them, can swim. Frank believes that where there is humor there is hope, where there is laughter there is life, and nobody dies laughing.

## Select Clients

- AFLAC
- ALCOA
- Allstate
- American Association of Therapeutic Humor
- American Veterinary Medical Association
- Charlotte Hungerford Hospital
- Duke University
- Durham Bulls
- Ford
- Holland America
- ING
- Iowa Department of Public Health

- Lackland Air Force Base
- Marriott
- Microsoft
- MPI Tampa
- NAMI State Chapters
- North Carolina State University
- Oregon Funeral Directors Association
- Peace Health
- Qualidigm
- Sacred Heart Hospital Riverbend
- Sam’s Club
- Selected Independent Funeral Homes
- Sodexo
- Taco Bell

- The Federal Reserve
- UNC Chapel Hill
- University of Montana Billings

### See Frank’s TEDx Talks!

[Born to Be Funny](#)

[Mental With Benefits](#)

[A Matter of Laugh or Death](#)

[Suicide, The Secret of My Success](#)

*“Frank King speaks with humility and humor, connecting head and heart around one of the most important topics of our 6me: suicide prevention. A true leader of thought, Frank speaks from personal experience and deep understanding. I encourage my dental event planning colleagues to bring Frank King to inspire and educate your attendees. This topic is rapidly moving from recommended to required CE for healthcare licensure. You have the opportunity to work with one of the BEST educators on this topic in den6stry with Frank King.”*

—Vanessa Emerson, Founder; Dental Speaker Ins8tute

*“It was really a great pleasure to have you speak at our Cardiovascular Symposium. We can all get a bit serious and tunnel-visioned in terms of our professions and you gave us a very nice perspective from the view of the patient. Your performance really lightened the atmosphere of the conference; there were several cardiologist at my table that were bent over double laughing!”*

—Dr. Sudeshna Banerjee