

# Stressed, Lonely, Overcommitted: Predictors of Lawyer Suicide Risk

## It's estimated that 10-12% of lawyers have considered suicide

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

According to the NIH: "Work-related hazards specific to the legal profession may also contribute to suicide risk. For example, lawyers are expected to work long hours, meet tight deadlines, and handle complex legal issues, all while maintaining a high level of professionalism and client satisfaction." No pressure there!

Frank King, *The Mental Health Comedian and Suicide Prevention Speaker*, works with chiropractic teams to develop effective suicide prevention strategies within their practices.

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, you have the opportunity to make a difference in the lives of both co-workers and patients.

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 practice culture, and promote both patient and team well-being.

- Recognize the prevalence of death by suicide and the importance of prevention practices within the workplace
- Learn the epidemiology, etiology and risk factors of suicidal behavior
- Discover strategies for screening, assessing, and reducing the risk of suicide
- Understand special concerns, risk factors and interventions related to military veterans
- Identify self-injurious behaviors and what objects, substances, and actions are common in suicide attempts
- Highlight the management and treatment modalities for patients at risk for suicide, including best practices for connecting the patient to referral
- 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:** Full or Partial Day; Lecture, Workshop, Keynote

### Did You Know?

Many state bars implemented a mental health and substance abuse CLE requirements for license renewal.

A number of other states are moving toward mandating this course as a requirement.

**Are YOUR members  
in compliance?**

LEARNING OBJECTIVES

## 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 and patients? 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 Prevention Punchline*. He has presented 13 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.

## PRESENTATIONS (Partial List)

- AFLAC
- ALCOA
- Allstate
- American Association of Therapeutic Humor
- American Veterinary Medical Association
- Charlotte Hungerford Hospital
- Cigna Columbia River Mental Health Foundation
- Duke University
- Durham Bulls
- Ford
- Holland America
- ING
- Iowa Department of Public Health
- Lackland Air Force Base
- Marriott
- Medis
- Microsoft
- MPI Tampa
- NAMI Ohio
- NAMI Orange County (California)
- NAMI Oregon
- North Carolina State University
- Oregon Funeral Directors Association
- Peace Health
- Qualidigm
- Sacred Heart Hospital Riverbend
- Sam's Club
- Seattle Study Club
- Selected Independent Funeral Homes
- Sodexo
- Taco Bell
- The Federal Reserve
- UNC Chapel Hill
- University of Montana Billings
- Washington State Veterinary Medical Association

## RAVE REVIEWS:

*"Frank King speaks with humility and humor, connecting head and heart around one of the most important topics of our time: suicide prevention.*

*A true leader of thought, Frank speaks from personal experience and deep understanding. I encourage my event planning colleagues to bring Frank King to inspire and educate your attendees. **This topic is rapidly moving from recommended to required CLE for renewal of licensure.** You have the opportunity to work with one of the **BEST** educators on this topic in the legal practice with Frank King."*

—Vanessa Emerson

*"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