

The mining and extraction industries have highest U.S. suicide rate



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

Mining and extraction professionals are at the greatest risk for suicide according to the Center for Disease Control and Prevention's Occupational Suicide List. This has led state departments of health to recommend or require these workers to receive suicide prevention training.

Frank King, *The Mental Health Comedian and Suicide Prevention Speaker*, works with construction associations 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, you have the opportunity to make a difference in the lives of your 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 both worker and crew well-being.

Did You Know?

Male mining and extraction workers are at a higher risk for mental health issues than virtually any other occupation.

"The mining and excavation industries are kind of a perfect storm of all risk factors."

-Workplace Task Force, NAASP

LEARNING OBJECTIVES

- 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 construction workers
- Identify self-injurious behaviors and what objects, substances, and actions are common in suicide attempts
- Highlight the management and treatment modalities for workers at risk for suicide, including best practices for connecting the worker 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

Suggested Audience: Construction 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 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 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.

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. You have the opportunity to work with one of the BEST educators on this topic in the mining and excavation industries with Frank King."

"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!"

—Vanessa Emerson, Founder; Speaker Institute

—Dr. Sudeshna Banerjee