



## News

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California Polytechnic State University, San Luis Obispo, California

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# Cal Poly Students Plan Feb. 26 Show to Raise Awareness of Depression and Suicide Prevention

*Event will feature Kevin Hines, who survived a jump from the Golden Gate Bridge*

SAN LUIS OBISPO – Kevin Hines, who survived a suicide attempt in which he jumped off the Golden Gate Bridge, will speak Feb. 26 at Cal Poly as part of a student-coordinated event aimed at raising awareness about depression, self-harm and suicide prevention.

The event is being coordinated by the Love Out Loud Campaign, a group of six Cal Poly students passionate about encouraging communication and creative self-expression as a means of coping with depression, self-harm and thoughts of suicide.

The Feb. 26 event will include a free resource and awareness fair at 4:30 p.m. followed by a 6:30 p.m. paid show that will include Hines speaking about his experience and how to live “Mentally Well.” The show will also include musical performances by Lakes, The Ragged Jubilee and The Honey Trees, along with Cal Poly speakers, poets, dancers and improvisational performers.

The event will be held at Chumash Auditorium on campus. Admission to the 6:30 show will be \$10. Tickets are available on the Love Out Loud website, [www.LoveOutLoudCampaign.com](http://www.LoveOutLoudCampaign.com). Donations are also welcome.

Student organizers began the Love Out Loud Campaign for their senior projects and as an attempt to raise awareness about issues of depression and suicide affecting their age demographic. The campaign uses word of mouth and social media to reach students and the local community and has hosted events such as an open mic night, a fundraising breakfast and a booth at San Luis Obispo’s farmers market.

"Each of the six women involved in the campaign has a personal connection to the topics we address," said project coordinator Carly Smoot. "Whether we have personally struggled with depression and suicidal thoughts or have a friend or family member who has, these topics affect each one of us in a very real way. We want to spread the word to other students that they are not alone."

Recent statistics show that suicide has become the third leading cause of death among college students and that one in seven people between 15 and 24 suffer from depression, self-harm or suicidal thoughts. At least two students have taken their own lives at Cal Poly in the past three years.

Proceeds from the Feb. 26 event will be used to help continue and expand the Love Out Loud Campaign and to benefit the national program To Write Love On Her Arms – a campaign with a vision similar to Love Out Loud.

For more information about Love Out Loud, to obtain a full list of events, to talk to one of the board members, or to find available resources for depression, self-harm, and suicide, visit [www.LoveOutLoudCampaign.com](http://www.LoveOutLoudCampaign.com) or e-mail Rachel Egan at [loveloutloudcampaign@gmail.com](mailto:loveloutloudcampaign@gmail.com).

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