

FOR IMMEDIATE RELEASE

August 26, 2019

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### **The Colt Balok Show Announces**

#### **Kevin Briggs as guest on Friday, September 6, 2019**

ALBUQUERQUE, N.M. – The Colt Balok Show has a mission to help everyone give their best life. This involves more than just being physically healthy; it is important to be mentally, emotionally, socially, and spiritually healthy as well. The show's guest on September 6<sup>th</sup> knows a lot about being mentally healthy and is excited to share his knowledge through his own story. Kevin Briggs is a retired California Highway Patrol Officer and veteran. In his years as a patrol officer, Briggs worked the Golden Gate Bridge and quickly became known as the Guardian of the Golden Gate Bridge. He is credited with dissuading more than two hundred people from jumping off to commit suicide. In 2013, the American Foundation for Suicide Prevention recognized the California Highway Patrol with a public service award which Briggs accepted on their behalf. Today, he goes around the country to share his experiences and bring awareness to mental health. He is also the author of a book titled *Guardian of the Golden Gate: Protecting the Line Between Hope and Despair* that was published in 2015.

"Kevin Briggs and his story really caught my attention," Producer Eric Chavez said. "His passion to help people be mentally healthy is something that I wish there was more of today. I'm not saying that there isn't help but, for me, hearing what others go through and how they've seen other people grow is one of the best ways to learn in my opinion." Briggs has no shortcomings of who he can influence. His message reaches a wide variety of people that include:

Mental Health / Substance Abuse Professionals and Organizations, Mental Health Affiliated Groups, First Responders, Military, Universities / Colleges / High Schools, Community Services Organizations, Corporations, Law Enforcement / Hostage and/or Crisis Negotiators, Psychiatric and Medical Professionals / Groups, Philanthropic Organizations, Crisis Management Organizations.

Briggs's ability to connect with so many people in different stages of life is something that Colt Balok, the Host of the show, strives to be able to do. "The whole reason I started this show was to be able to connect as many people as possible to each other. I'm hoping that by getting to know Kevin I can learn a new way to get close to people and possibly help them if they are in that state of their life." With Briggs's personality and natural charisma, combined with Balok's ability to dive deep into the story of someone's life story, this interview will have the energy and information that makes others think differently about a topic most tend to stray away from.

The Colt Balok Show and uStudios are pleased to welcome Kevin Briggs for this episode. The event is open to the public at 7 pm on Friday, September 6<sup>th</sup> at uStudios, 912 3rd St NW, Albuquerque, N.M., 87102. The show will include an audience Q & A and time for pictures with Kevin and Colt. The event is free, but a ticket request is required. Click the link to request a ticket.

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Visit The Colt Balok Show online at [coltbalok.com/tickets](http://coltbalok.com/tickets)