



FAMILY TRAGEDY SPURS DISCUSSION OF MENTAL HEALTH IN THE WORKPLACE

Kevin Smith, Managing Director, Accenture Technology

Video Transcript

Karla understood me better than anyone else.

She just had this passion and this zest.

Karla Smith was my twin sister who died by suicide at the age of 26 after a long struggle with bipolar disorder.

I am Kevin Smith, and I am breaking down barriers.

We needed to do something to educate people about mental illness and suicide.

In Karla's memory, we formed the Karla Smith Foundation.

And, you know, at Accenture, I became involved in the Disability Employee Resource Group.

My goal with this was to create a forum that people could share their stories.

And another thing that I'm really excited about is our Mental Health Ally Program.

There are now allies across the country that you can reach out to.

It's about giving people a sense of hope.

If we can help one person take that next step towards getting help, then it's all been worth it.