



Bravo748 Speakers Bureau
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SGT MARK DiBONA (RET)

MOTIVATIONAL SPEAKER – SUICIDE PREVENTION

Bio

Police suicide is the number one killer of law enforcement officers in the US. In 2019 alone, 228 officers took their own lives.

Retired SGT Mark DiBona knows the situation all too well. He came close to taking his own life twice during his 33-year law enforcement career. His diagnoses of Post-Traumatic Stress Disorder (PTSD), depression, and anxiety nearly ended his career. On his road to recovery, Mark was and is still very open about the struggles he encountered and the lack of support he received.

Mark shares how he personally found strength to step away from the precipice and what the rest of us can do to help.

For Mark, it really began when he volunteered to travel to New York following the 9/11 attacks in order to assist with recovery efforts. The smell of death and burning flesh was one he could never get out of his head. A short time after returning to Florida, he responded to a crash with a vehicle fully engulfed and a person still inside. He carries a burden of guilt from that day, including recurring nightmares.

All too often, a request for assistance is worsened by the common response “toughen up – it’s part of the job.” Officers may be reticent to seek help because of the stigma and fear of being blackballed by fellow officers and/or administrators. Mark shares the importance of recognition and action of the request for assistance among agency leadership, and policies and support that make officers feel more comfortable seeking help.

The fact that many officers are now patrolling alone may be aggravating the situation. Single officer patrol eliminates the natural peer support opportunity for officers to share and discuss their concerns with someone who understands.

Mark has assisted several First Responders and others to get assistance for their mental health issues. In his presentations, Mark delivers a powerful message “It’s okay not to be okay.” He speaks about wellness, leadership, motivation, how your personal life issues can affect your career, how he obtained strength to move on and his Law Enforcement career, the good times and bad times. He uses humor and his outgoing personality throughout his presentations.

Mark is a retired Law Enforcement Officer of 33 years, as a Patrol Sergeant and Police Academy Instructor. He is a Board Member and Public Information Officer with Blue H.E.L.P., a non-profit organization that assists Law Enforcement Officers and their families with mental health issues, suicide prevention and education.

Booking Information: Contact Jamie@Bravo748.com