

Did You Know?

Every year more people die by suicide than from all of the several armed conflicts around the world and, in many places, about the same or more than those dying in traffic accidents. For every suicide, there may be up to 100 times more individuals who are injured by non-fatal suicidal behaviors. Most people considering suicide share their distress and their intent.

How can further deaths and injuries be prevented? How can we support people to choose life when something prevents them from seeing a way forward?

Training can help us see and respond to these invitations to help. It can give you the confidence to ask about suicide if you are concerned about someone's safety. It can provide you with the tools to help prevent the immediate risk of suicide.

Trainings & Workshops
Presented By:



CODAC
BEHAVIORAL
HEALTH
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Funding
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Want more information on these trainings?

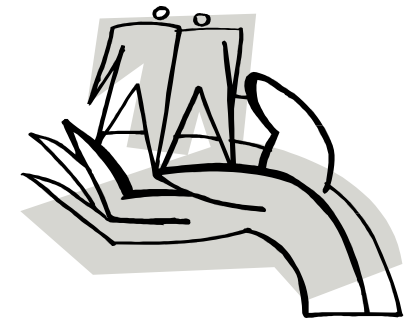
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Suicide Prevention Training

*Help create a suicide-
safer community...It
begins with you.*

The benefits live on.





Question Persuade Refer

This 1 ½ hour long gatekeeper training provides non-mental health professionals with the knowledge to recognize suicide warning signs and how to use the QPR method (Question, Persuade, Refer).

Those attending will learn about who is a potential gatekeeper, overcoming emotional reactions and reluctance to getting involved as well as clues and warning signs to suicide, enabling them to:

- ✓ Question a person about suicide
- ✓ Persuade the person to get help
- ✓ Refer the person to the appropriate resource

This is a positive, hopeful technique that allows those who have been trained to act vigorously to prevent a possible tragedy.

*Cost for this workshop is \$10.00 per person

QPR developed by: QPR Institute

For more information on this program please visit:
<http://qprinstitute.com>



safeTALK

suicide alertness for everyone

This three-hour suicide alertness workshop is designed to prepare participants with practical steps to become a suicide alert helper and understand why opportunities to help are often missed, dismissed or avoided.

Those attending will see powerful reminders of why it is important to be suicide alert as well as how to activate a suicide alert should they need to.

By the end of this workshop, participants learn the TALK model (Tell, Ask, Listen & Keep Safe) to help recognize a person with suicidal thoughts and connect this person with someone trained in suicide first-aid intervention.

*Cost for this workshop is \$25.00 per person.

safeTalk suicide alertness developed by:

LivingWorks Education, Inc.

For information on this program please visit: <http://www.livingworks.net/>



ASIST

APPLIED SUICIDE INTERVENTION SKILLS TRAINING

This 2-day workshop is designed to teach skills to competently and confidently intervene with persons at risk of suicide.

By the end of the workshop, participants will be able to:

- ✓ Recognize invitations for help
- ✓ Reach out and offer support
- ✓ Review the risk of suicide
- ✓ Apply a suicide intervention model
- ✓ Link people with community resources

Skills and principles in this workshop are illustrated with case studies presented in videos and live dramatizations, role-play simulations, discussions and the Suicide Intervention Handbook. Much of the learning occurs in small work groups and participants are encouraged to develop trust, acceptance, and mutual support.

*Cost for this workshop is \$75.00 per person, which covers materials and lunch for both days.

** Attendance is required both days to receive a certificate for training credit

ASIST developed by:

LivingWorks Education, Inc.

For information on this program please visit: <http://www.livingworks.net/>