

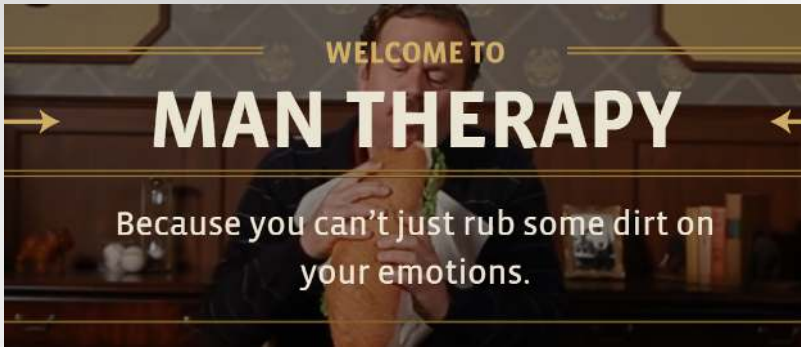


Selected Suicide Prevention Training Resources

Date Last Revised: 11-18-2020



1



WELCOME TO

MAN THERAPY




Because you can't just rub some dirt on your emotions.

Using humor to break stigma of mental health
Dr. Rich Mahogany, Man Therapist, is not a real therapist *(but he is a real guy...)*

Man Therapy

www.ManTherapy.org

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Joyages

SUICIDE PREVENTION VIDEOS BY JOYAGES
WWW.JOYAGES.COM/CONSTRUCTION/

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3



National Alliance on Mental Illness (NAMI.org)

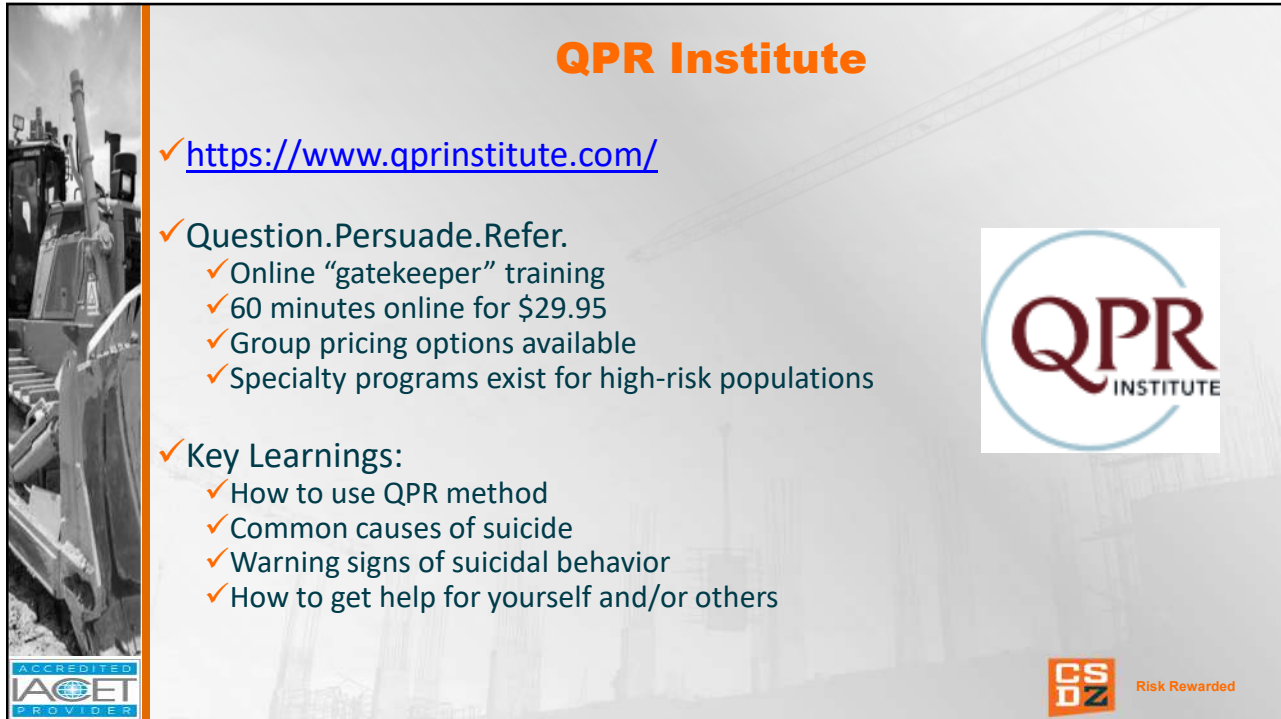
- ✓ Various training programs available through local chapters
- ✓ **NAMI Basics** for caregivers of youth under 22 years of age
- ✓ **** Family to Family** (and friends) of persons with mental health condition
- ✓ **Homefront** for families, caregivers and friends of Veterans
- ✓ **** Peer to Peer** (for adults)
- ✓ NAMI Provider for Mental Health professionals
- ✓ **** Also available in Spanish**

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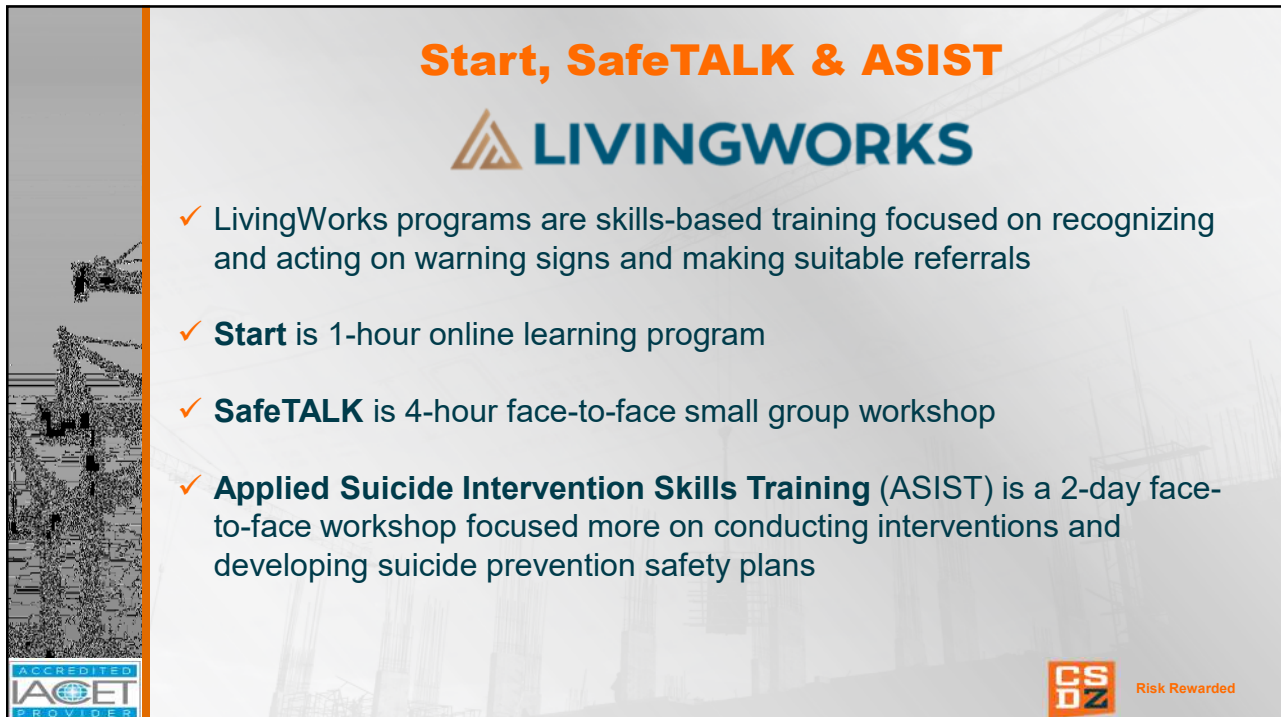
QPR Institute

- ✓ <https://www.qprinstitute.com/>
- ✓ Question.Persuade.Refer.
 - ✓ Online “gatekeeper” training
 - ✓ 60 minutes online for \$29.95
 - ✓ Group pricing options available
 - ✓ Specialty programs exist for high-risk populations
- ✓ Key Learnings:
 - ✓ How to use QPR method
 - ✓ Common causes of suicide
 - ✓ Warning signs of suicidal behavior
 - ✓ How to get help for yourself and/or others




5





Start, SafeTALK & ASIST

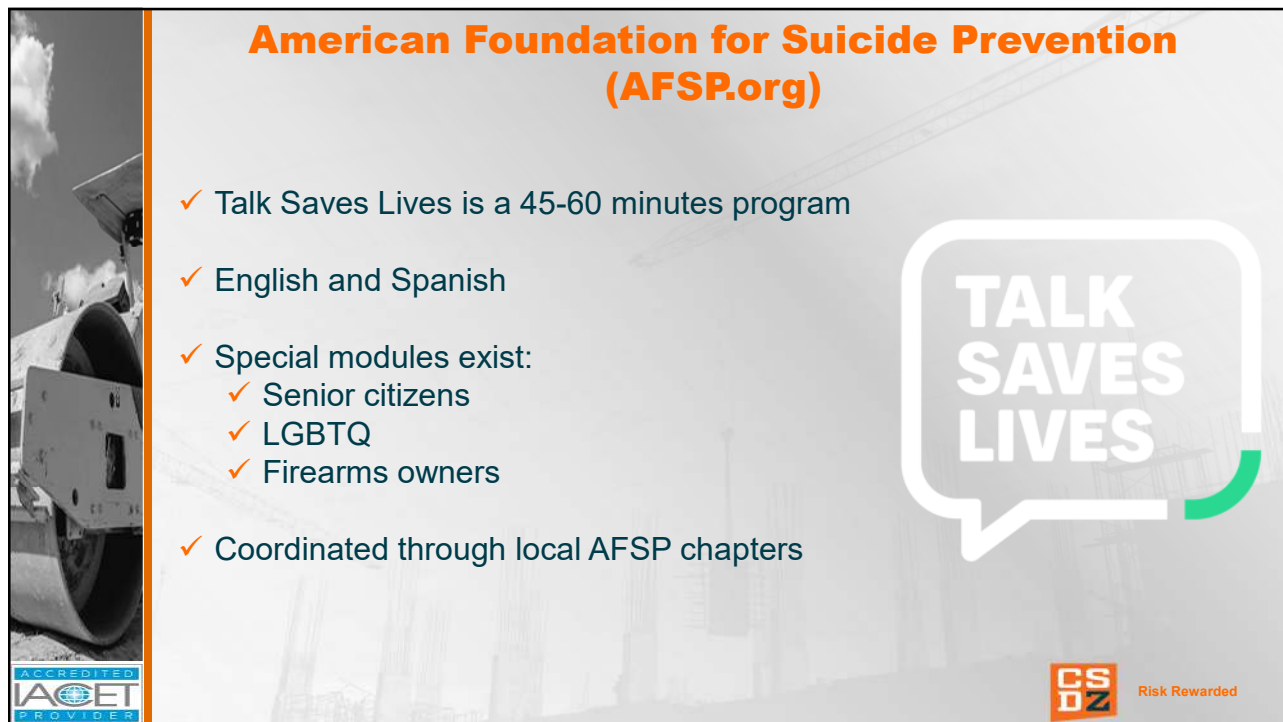
LIVINGWORKS

- ✓ LivingWorks programs are skills-based training focused on recognizing and acting on warning signs and making suitable referrals
- ✓ **Start** is 1-hour online learning program
- ✓ **SafeTALK** is 4-hour face-to-face small group workshop
- ✓ **Applied Suicide Intervention Skills Training (ASIST)** is a 2-day face-to-face workshop focused more on conducting interventions and developing suicide prevention safety plans



6



American Foundation for Suicide Prevention (AFSP.org)

- ✓ Talk Saves Lives is a 45-60 minutes program
- ✓ English and Spanish
- ✓ Special modules exist:
 - ✓ Senior citizens
 - ✓ LGBTQ
 - ✓ Firearms owners
- ✓ Coordinated through local AFSP chapters

TALK SAVES LIVES

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7



Mental Health First Aid

- ✓ 8-hour certification course
- ✓ CPR for mental health and substance use
- ✓ 5 Step Action Plan: ALGEE

Assess for risk of suicide or harm
Listen nonjudgmentally
Give reassurance and information
Encourage appropriate professional help
Encourage self-help and other support strategies

USA
 MENTAL HEALTH FIRST AID

NATIONAL COUNCIL FOR BEHAVIORAL HEALTH

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Contact Information

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