Selected Suicide Prevention Training Resources

Date Last Revised: 11-18-2020

Risk Rewarded

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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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**
**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

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**Start, SafeTALK & ASIST**

- [✓] 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
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

Mental Health First Aid

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

A ssess for risk of suicide or harm
L isten nonjudgmentally
G ive reassurance and information
E ncourage appropriate professional help
E ncourage self-help and other support strategies
Contact Information

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