

Suicide Prevention, Intervention, and Postvention

Why do people kill themselves? How do I ask someone if they are feeling suicidal? What do I do if they say they ARE suicidal? How do I deal with the strong emotions suicide generates?

This training will provide answers for these and other questions many of us have about suicide. I will provide you with basic information about suicide as well as help you develop practical skills for prevention, intervention and postvention.

Small group role plays will allow you to apply the suggested techniques as you learn them. We will also develop a short educational briefing about suicide which you can give to your local agencies.

This training is open to anyone who wishes to learn more about intervening across the suicide spectrum. Professionals from the fields of emergency services, security, human resources, EAP, education, and mental health may all benefit. **(13 Contact Hours)**

OUTLINE

- Scope of the suicide problem
 - Statistical patterns
 - Common myths about suicide
 - Motivations for suicide
 - Attitudes about suicide
 - Small group role plays
 - Effective communication skills
 - Dealing with strong emotions
 - Developing an education briefing
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- Problem solving skills
 - Small group role plays
 - Intervention skills
 - Referrals
 - Postvention and aftercare
 - Care for the caregivers