

## Suicide Prevention Trainings

Training	Description	Intended Audience	Length	Sponsoring Agency
<b>ASIST (Applied Suicide Intervention Skills Training)</b>	Teaches how to intervene and save a life from suicide. Over a million people around the world have participated in this award- winning program. Most people thinking about suicide don't actually want to die, but they need help deciding to stay alive. You don't need any prior training to attend ASIST—just a willingness to make a difference.	Although ASIST is widely used by healthcare providers, participants don't need any formal training to attend the workshop—anyone 16 or older can learn and use the ASIST model.	2 days	Grassroots Crisis Intervention
<b>Mental Health First Aid</b>	Teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.	Open to residents of Howard County over 18 years of age. This class is a community course and is not recommended for mental health professionals.	8 hours	- Grassroots Crisis Intervention - Howard County General Hospital - American Foundation for Suicide Prevention (AFSP)
<b>Safe Space Training</b>	Suicide prevention and intervention model that focuses on the LGBTQ+ population and their increased risk for suicide. It is free for Howard County residents and those who work in the county. CEUs are available. The training program combines cultural competence with prevention and intervention strategies to reduce stigma, reduce suicidality, and ultimately save lives.	County residents & employees	2-hour or 4-hour format	Grassroots Crisis Intervention
<b>SafeTALK</b>	Alertness training that prepares anyone (ages 15+) regardless of prior experience or training, to become a suicide-alert helper. Most people with thoughts of suicide don't truly want	Ages 15+	3 hours	American Foundation for Suicide Prevention (AFSP)

	to die, but are struggling with the pain in their lives. Through their words and actions, they invite help to stay alive. SafeTALK-trained helpers can recognize these invitations and take action by connecting them with life-saving intervention resources, such as caregivers trained in ASIST.			
<b>Talk Saves Lives™: An Introduction to Suicide Prevention</b>	Covers the general scope of suicide, the research on prevention, and what people can do to fight suicide. Attendees will learn the risk and warning signs of suicide, and how together, we can help prevent it.	Community Members	60-90 minutes	American Foundation for Suicide Prevention (AFSP)
<b>QPR: Suicide Prevention Training</b>	Question, Persuade, and Refer (QPR) — 3 simple steps that anyone can learn to help save a life from suicide. Just as people trained in CPR help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.	Designed for individuals who do not have training/experience in suicide intervention.	1-2 hours	Grassroots Crisis Intervention
<b>Youth Mental Health First Aid</b>	This one-day training will equip you with resources and tools to learn the signs and symptoms of a mental illness or crisis, follow a five-step action plan to offer initial help and connect youth with appropriate care.	Open to all & is for anyone wanting to help another person, particularly in the youth ages 12-18	8 hours	- Grassroots Crisis Intervention - Howard County General Hospital - American Foundation for Suicide Prevention (AFSP)

All trainings are free to Howard County residents & employees unless otherwise specified. See individual training events for more detail.

For the Local Health Improvement Coalition (LHIC) calendar of trainings related to suicide prevention, click here:  
<http://www.hclhic.org/news-events/lhic-and-partner-events/month.calendar/2019/05/02/12>