

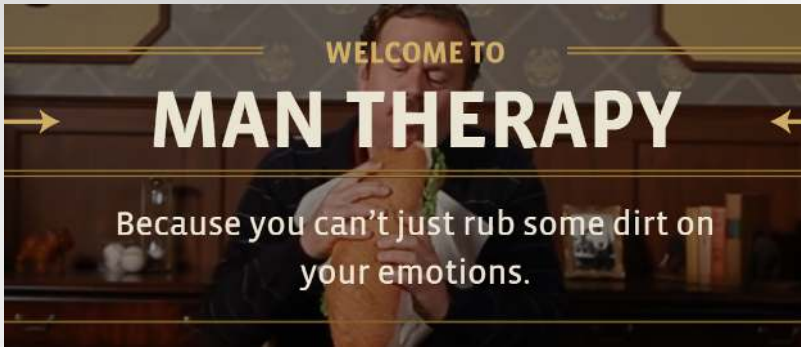


## Selected Suicide Prevention Training Resources

Date Last Revised: 11-18-2020






1



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](http://www.ManTherapy.org)

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2





# Joyages

SUICIDE PREVENTION VIDEOS BY JOYAGES  
[WWW.JOYAGES.COM/CONSTRUCTION/](http://WWW.JOYAGES.COM/CONSTRUCTION/)

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3



## National Alliance on Mental Illness (NAMI.org)

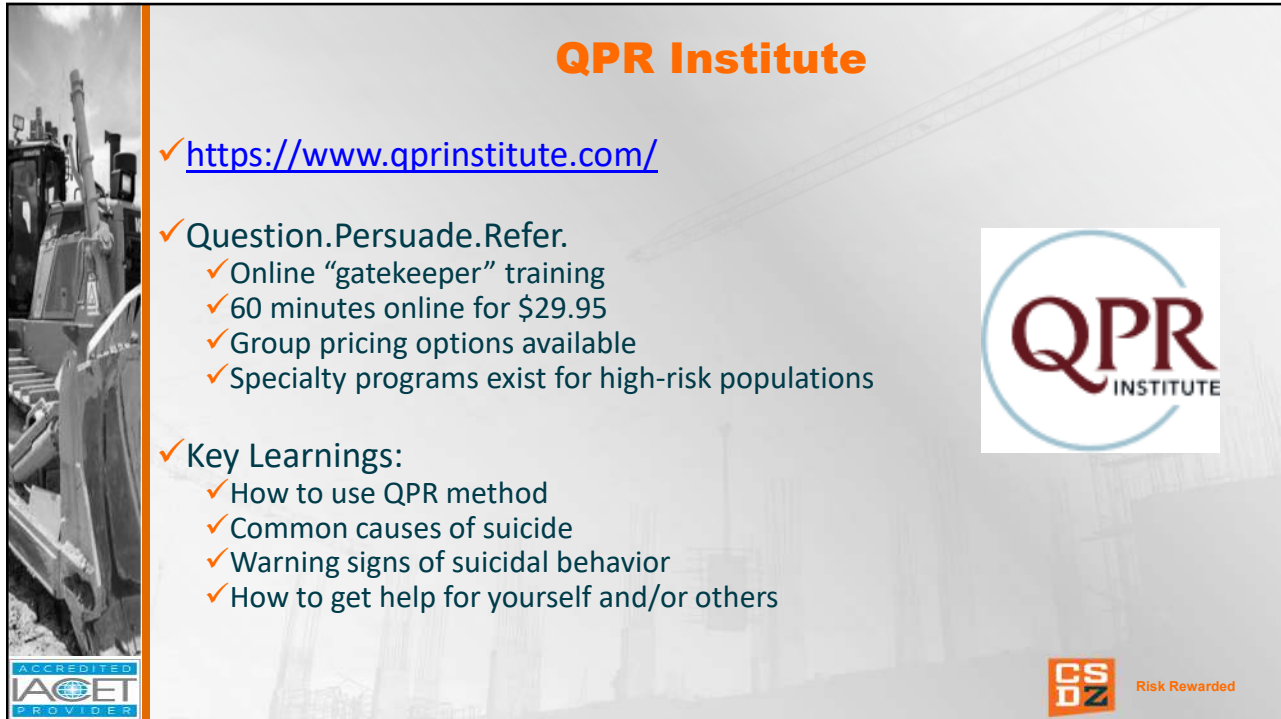
- ✓ Various training programs available through local chapters
- ✓ **NAMI Basics** for caregivers of youth under 22 years of age
- ✓ **\*\* Family to Family** (and friends) of persons with mental health condition
- ✓ **Homefront** for families, caregivers and friends of Veterans
- ✓ **\*\* Peer to Peer**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

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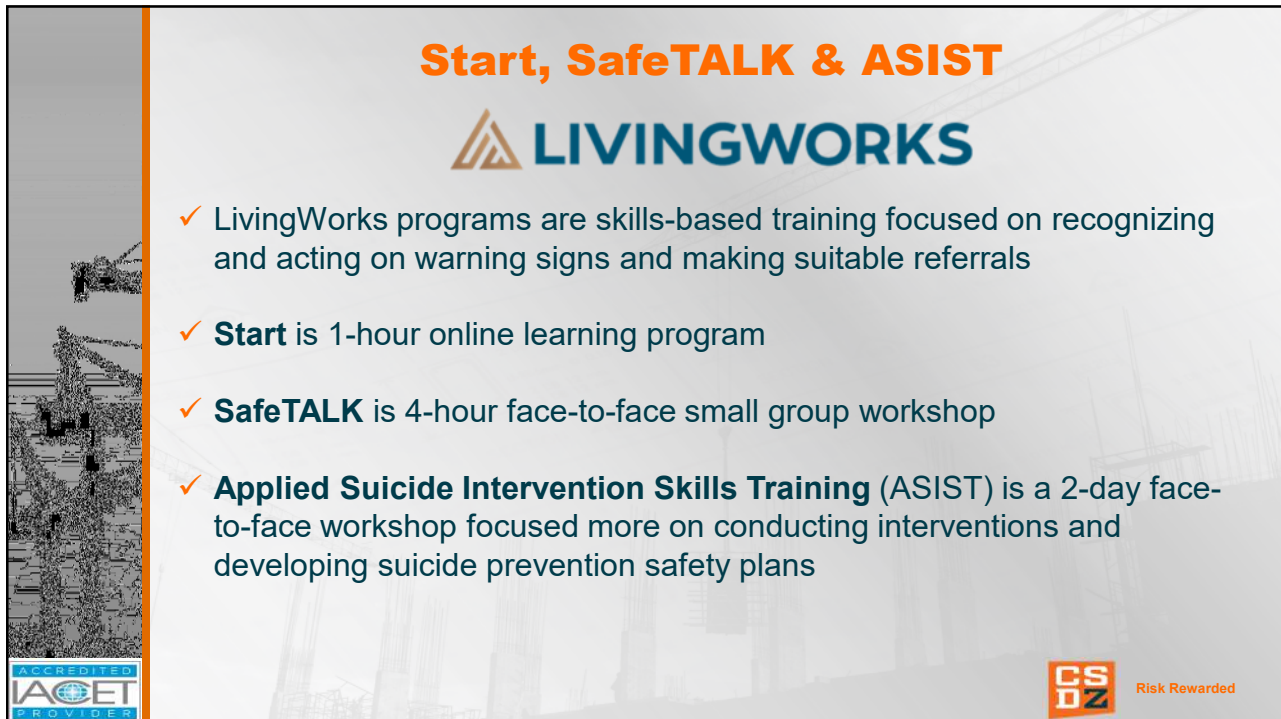
## QPR Institute

- ✓ <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



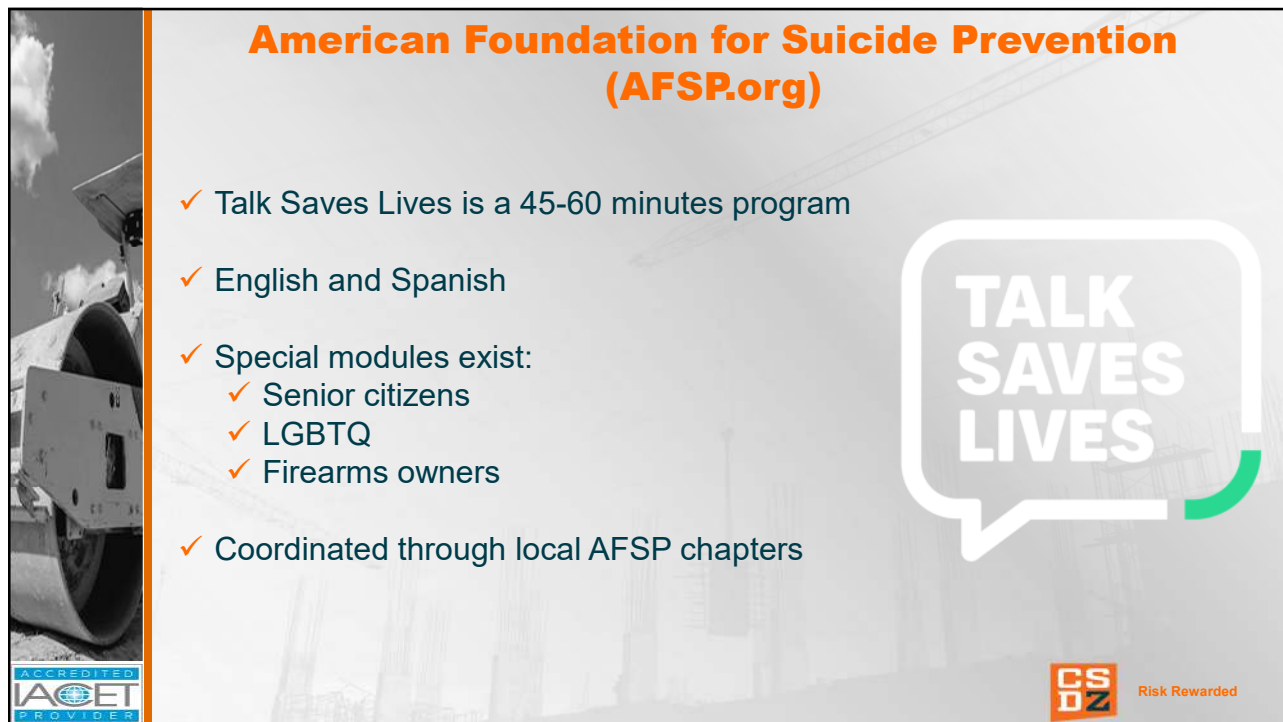
## Start, SafeTALK & ASIST

### 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

**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

**USA**  
 MENTAL HEALTH FIRST AID

NATIONAL COUNCIL FOR BEHAVIORAL HEALTH

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## **Contact Information**

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