



I Need 2 Know: Suicide Prevention & Awareness Training

This non-clinical training program is appropriate for anyone interested in how to help save lives.

“Suicide is a leading cause of death for Americans – and it’s a tragedy for families and communities across the country,” said CDC Principal Deputy Director Anne Schuchat, M.D. “From individuals and communities to employers and healthcare professionals, everyone can play a role in efforts to help save lives and reverse this troubling rise in suicide.”

INK was designed, by *A Beautiful Mind*, specifically for individuals who are not in the medical or mental health field. This training is intended to help end the stigma surrounding suicide and to educate compassionate men and women in the area of suicide awareness and prevention.

This training will help you develop **active listening skills** so that you be more aware of someone who is in crisis. You will discover how to **assist someone** at risk for suicidal behaviors **in locating the help they need**. You will leave this training with **resources** that can enable you to help someone stay safe and find the professional help they need in a moment of crisis.

You can expect the program to cover:

- *Using Your Influence to Save Lives*
- *Language, Statistics, & Myths about Suicide*
- *Warning Signs & Risk Factors*
- *Intervention*
- *Helping in the Aftermath of Suicidal Behaviors*
- *Suggested Protocol in High-Risk Situations*
- *Resources*

This is a free 3 hour training for groups up to 10!
Materials, Refreshments & Life Saving Information will be shared with all!
Donations to cover refreshments are accepted, but not expected.

For More Information or To Register a Group for Training Contact our Office Today!

731-503-3190