

# Suicide Prevention Training & Support Resources

Suicide prevention training is available to anyone who wants to learn how to recognize warning signs, respond with compassion, and connect people to help. These programs range from brief awareness sessions to interactive, skills-based trainings with role-play and simulations. Many are available in your community for free. If there is a fee, your employer might be willing to cover the cost, especially if you work at a school.

## GENERAL SUICIDE PREVENTION TRAINING

### **Mental Health First Aid (MHFA)**

**What it is:** Training that teaches how to identify and respond to mental health and substance use challenges, including suicidal thoughts.

**Audience:** General public, parents, educators, workplaces, community members

**Format:** In-person and online (Adult, Youth, Teen versions)

**Website:** <https://www.mentalhealthfirstaid.org>

### **safeTALK**

**What it is:** A short, interactive workshop focused on recognizing suicide warning signs and connecting people to help.

**Audience:** General public

**Format:** 3–4 hour, in-person or virtual

**Website:** <https://www.livingworks.net/safetalk>

### **QPR Institute**

**What it is:** Gatekeeper training that teaches participants to **Question, Persuade, and Refer** someone at risk of suicide.

**Audience:** Schools, workplaces, community members

**Format:** Short trainings (often 1–2 hours), online or in person

**Website:** <https://qprinstitute.com>

### **LivingWorks – ASIST**

**What it is:** **Applied Suicide Intervention Skills Training (ASIST)**—an in-depth, evidence-based intervention program.

**Audience:** Community leaders, educators, volunteers, first responders

**Format:** Two-day interactive workshop

**Website:** <https://www.livingworks.net/asist>

### **VA S.A.V.E. - Supporting Our Veterans**

**What it is:** This training focuses on four steps to help you assist a Veteran.

**Audience:** Family, friends, and providers

**Format:** Short trainings (often 1–2 hours), online or in person

**Website:** <https://learn.psycharmor.org/courses/va-s-a-v-e>

**In-person contact:** <https://www.veteranscrisisline.net/find-resources/local-resources/>

## YOUTH-FOCUSED & SCHOOL-BASED PROGRAMS

### Signs of Suicide (SOS)

**What it is:** Evidence-based suicide prevention program teaching youth to recognize warning signs and seek help. Includes individual screening for students.

**Audience:** Middle school and high school students, educators

**Format:** Classroom-based curriculum

**Website:** <https://www.mindwise.org/suicide-prevention>

### The Jed Foundation (JED)

**What it is:** A nonprofit organization focused on protecting emotional health and preventing suicide among teens and young adults.

**Audience:** Middle schools, high schools, colleges, educators, administrators, students, families

**Format:** School- and campus-based prevention frameworks, training, policy guidance, digital resources

**Website:** <https://jedfoundation.org>

### The Trevor Project

**What it is:** Suicide prevention and crisis intervention for **LGBTQ+ youth and young adults (under 25)**.

**Services:** 24/7 crisis hotline, text, chat, and training resources

**Phone:** 1-866-488-7386

**Website:** <https://www.thetrevorproject.org>

### Center for Native American Youth (CNAY)

**What it is:** Advocacy, education, and suicide prevention resources focused on **Native American youth**.

**Focus:** Cultural connection, protective factors, community-driven solutions

**Website:** <https://www.cnay.org>

### CDC Tribal Suicide Prevention Program

**What it is:** Supports tribal communities in implementing culturally grounded suicide prevention strategies.

**Website:** <https://www.cdc.gov/suicide/programs/tribal.html>

## American Foundation for Suicide Prevention (AFSP)

**What it is:** A national nonprofit organization dedicated to saving lives and bringing hope to those affected by suicide through education, research, advocacy, and support.

**Audience:** General public, educators, schools, community groups, survivors, advocates

**Format:** Community education programs (e.g., *Talk Saves Lives*), training presentations, advocacy initiatives, online and in-person events

**Website:** <https://afsp.org>

## Suicide Prevention Resource Center (SPRC)

**What it is:** National clearinghouse for suicide prevention strategies, training guidance, and toolkits.

**Audience:** Communities, schools, tribal organizations, policymakers

**Website:** <https://sprc.org>

## CRISIS SUPPORT (U.S.)

- **988 Suicide & Crisis Lifeline** — Call or text **988**
- **Online Chat:** <https://988lifeline.org>
- **Crisis Text Line** — Text HOME or HOLA to **741741**