

Suicide Prevention Training



WHY MAKE A REFERRAL?

- Family members and friends often don't know how to help their loved one or what to say when thoughts of suicide are present or when a loved one survives a suicide attempt. This training can provide practical conversation tips, methods to keep a loved one safe, and resources to get crisis intervention or outpatient help when needed.
- 45% of individuals who die by suicide visited their primary care provider in the month before their death, often to discuss complaints or health problems other than suicide. Physicians can be part of the solution to prevent suicide by identifying patients at risk and referring them to treatment.

INFORMATION

www.livingwell.utah.gov

livingwell@utah.gov

1-888-222-2542

Page 21

PROGRAM DESCRIPTION

Evidence based education for community members and professionals available at no cost, designed to increase participants' abilities to recognize someone at risk for suicide, engage them in a conversation about their thoughts of suicide, and support them in seeking professional care and staying safe. These trainings are targeted toward family members, social supports, and professionals engaging with a person at risk of suicide. Family members and friends often don't know how to help their loved one or what to say when thoughts of suicide are present or when a loved one survives a suicide attempt. This training can provide practical conversation tips, methods to keep a loved one safe, and resources to get crisis intervention or outpatient help when needed. Individuals can request a training for a group (work site, church, youth group, etc), or they can request to participate in an already scheduled training.

PROGRAM BENEFITS

Participants completing the program can expect to have:

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- Increased knowledge about myths and facts surrounding suicide
- Increased skills and confidence in how to identify and help a person at risk for suicide
- Increased skill in engaging in conversation with a person at risk for suicide
- Increased knowledge about crisis resources for suicide and when to seek them out
- Increased skills in keeping the individual safe by removing access to lethal means and taking other safety precautions when appropriate

WHAT IS PROVIDED TO PARTICIPANTS

- Information about what it means to have thoughts of suicide
- How to identify warning signs that someone might be thinking about suicide
- Practical advice and practice in asking a person directly about thoughts of suicide
- How to listen non-judgmentally and persuade the person to get help
- How to make their environment safe and where to refer them to professional help

RESOURCES

Visit www.utahsuicideprevention.org/education-training for more information.

FOR MORE INFORMATION ON THIS PROGRAM

Andrea Hood

Suicide Prevention Coordinator, Utah Department of Health

ahood@utah.gov

(801) 538-6599

SOURCES

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3. Updated American Geriatrics Society/British Geriatrics Society Clinical Practice Guideline for Prevention of Falls in Older Persons. Journal of the American Geriatrics Society 2011;59:148-157
4. Clemson L, et.al. Journal of the American Geriatrics Society 2004;52:1487-1494