

# Suicide Prevention Training



UTAH DEPARTMENT OF  
**HEALTH**  
[www.livingwell.utah.gov](http://www.livingwell.utah.gov)

## 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:

- 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](http://www.utahsuicideprevention.org/education-training) for more information.

## FOR MORE INFORMATION ON THIS PROGRAM

Violence and Injury Prevention Program

[vipp@utah.gov](mailto:vipp@utah.gov)

(801) 538-6864

## WHY IS THIS IMPORTANT?

- 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](http://www.livingwell.utah.gov)

[livingwell@utah.gov](mailto:livingwell@utah.gov)

1-888-222-2542

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## SOURCES

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4. Clemson L, et.al. *Journal of the American Geriatrics Society* 2004;52:1487-1494