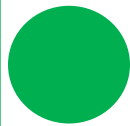


# Community Suicide Prevention Trainings

Similar to the CPR, we believe that community members should be trained to support others. These three trainings can provide you with the skills you need to recognize the signs of suicide and the resources to help. See the three options below to learn more about the trainings:

If you would like to schedule a training contact [preventsuicide@gunnisoncounty.org](mailto:preventsuicide@gunnisoncounty.org).



## QPR—Question, Persuade, Refer

Who should attend:

- Community members 15 and older
- Parents
- Bartenders
- Hairdressers
- Coaches
- Administrative Staff
- Human Resources
- Teachers

What you will learn:

- Three steps anyone can learn to help prevent suicide.
- How to Question, Persuade and Refer someone who may be suicidal
- How to get help for yourself or learn more about preventing suicide
- The common causes of suicidal behavior
- The warning signs of suicide
- How to get help for someone in crisis

Information:

- FREE
- 90 minutes
- Visit [www.qprinstitute.com](http://www.qprinstitute.com) for more info.



## safeTALK

Who should attend:

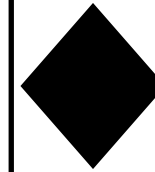
- Community members 15 and older
- Teachers
- Coaches
- Health professionals

What will you learn:

- Notice and respond to situations where thoughts of suicide might be present
- Recognize that invitations for help are often overlooked
- Move beyond the common tendency to miss, dismiss, and avoid suicide
- Apply the TALK steps: Tell, Ask, Listen, and Keep Safe
- Connect someone with thoughts of suicide to community resources for further help

Information:

- Free
- 3 1/2 hours
- Food provided
- Visit [www.livingworks.net/programs/safetalk/](http://www.livingworks.net/programs/safetalk/) for more info.



## ASIST—Applied Suicide Intervention Skills Training

### Advanced training for suicide prevention

Who should attend:

- Health Professionals
- Counselors
- Social workers

What will you learn:

- Understand the ways that personal and societal attitudes affect views on suicide and interventions
- Provide guidance and suicide first aid to a person at risk in ways that meet their individual safety needs
- Identify the key elements of an effective suicide safety plan and the actions required to implement it
- Appreciate the value of improving and integrating suicide prevention resources in the community at large
- Recognize other important aspects of suicide prevention including life-promotion and self-care

Information:

- Free
- Two days (16 hours)
- Food provided
- Visit [www.livingworks.net/programs/asist/](http://www.livingworks.net/programs/asist/) for more info.

Free support is available 24/7. Call the crisis support line at 970-252-6220 or text HOME to 741741. OR call the National Suicide Prevention Line at 1-800-273-8255. OR call the Center for Mental Health at 970-641-0229 or visit 710 N Taylor St, Gunnison, CO 81230.