

Bringing Suicide Prevention Education to Your Community



Suicide prevention begins with education and support. The more people understand what research tells us about suicide – and the actions we can all take to help ourselves and others in moments of crisis – the more lives we can save.

The American Foundation for Suicide Prevention (AFSP) offers a wide variety of free educational programs, both in-person and virtually, that can be brought to your community through AFSP's network of local chapters.

Talk Saves Lives™: An Introduction to Suicide Prevention

Talk Saves Lives: An Introduction to Suicide Prevention is AFSP's flagship suicide prevention education program that covers the scope of this leading cause of death, what the research has found to be the warning signs and risk factors of suicide, and the strategies that prevent it. The program is 45-60 minutes, can be given virtually or in-person, and may be tailored for more targeted audiences in a variety of settings (e.g. LGBTQ+ communities, older adults, college students, etc.). *Talk Saves Lives* also has unique modules for supporting veterans, Latinx and Hispanic communities (available in English and Spanish), construction industry professionals (available in English and Spanish), and correctional/jail staff.

L.E.T.S. (Listening, Empathy, Trust, Support) Save Lives: An Introduction to Suicide Prevention for Black and African American Communities

L.E.T.S. (Listening, Empathy, Trust, Support) Save Lives: An Introduction to Suicide Prevention for Black and African American Communities is a 60-90-minute presentation developed in concert with an Advisory Committee of experts in Black and African American mental health and suicide prevention to reduce cultural stigma, foster conversations about mental health, and raise awareness of suicide prevention for people who identify as Black or African American. The program is available in person and virtually, and is open to anyone (18+) who wishes to attend. The program is grounded in research and is developed and delivered by trained presenters who identify as having lived experience within Black and African American communities.

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More Than Sad: Suicide Prevention Education for Parents, Caregivers, Teachers, and other School Staff

More Than Sad provides suicide prevention education to families and schools who support teenagers. *More Than Sad: Suicide Prevention Education for Parents* is a 60 -90-minute presentation (available in English and Spanish) and *More Than Sad: Suicide Prevention for Teachers and Other School Staff* is a 90-120-minute presentation. Both modules teach adults to recognize warning signs in teens, start a conversation, and get them help and can be given virtually or in-person.

It's Real: Teens and Mental Health

It's Real: Teens and Mental Health is a 45-minute presentation that provides youth with general mental health information and resources. The presentation defines mental health and includes guidance on starting a conversation about mental health and engaging in self-care. There are separate modules for high school and middle school students. The high school module can be delivered in-person or virtually. while the middle school program can be delivered in-person only.

It's Real: College Students and Mental Health

It's Real: College Students and Mental Health is a 60-minute program for college students and college bound high school seniors. The 17-minute film follows the journey of six students who struggled with mental health concerns, sought treatment, and found their own new sense of balance. The film has an accompanying facilitator guide to support its use in educational programming and is available both in-person and virtually.

Finding Hope: Guidance For Supporting Those At Risk

Finding Hope: Guidance For Supporting Those At Risk is a 60-90-minute presentation that provides practical information and resources to family, friends, and others who support those with lived

experience, i.e. those who have experienced a prior suicide attempt and/or suicidal ideation. The presentation includes information and resources regarding the process of recovery after a suicide attempt, how to recognize the warning signs, crisis response, how to help support someone's treatment, how to plan for safety, and self-care. The program is available in-person and virtually.

Programs for Construction Professionals

AFSP's Hard Hat Courage initiative provides suicide prevention resources created with and for the construction industry, including *Talk Saves Lives: An Introduction to Suicide Prevention in the Construction Industry*, a 25- or 60-minute presentation to educate on the scope of suicide in the construction industry, risk factors, warning signs, and prevention strategies, and Toolbox Talks intended to integrate into existing jobsite meetings.

Clinical Approach to Preventing Suicide: an Introduction

Clinical Approach to Preventing Suicide: An Introduction is a 90-minute presentation that can be delivered in-person or virtually. This presentation is intended for healthcare professionals with prescribing authority, such as physicians, nurse practitioners, and physician assistants (and students in training) who work directly with patients ages 18 and over. The program provides an overview of how to identify patients at risk for suicide, brief interventions, and treatment options and is presented by trained healthcare professionals.

Reach out to us to learn more about how we can partner with you to help spread knowledge, awareness and support in your area at afsp.org/chapters.