# **Trainings to Recognize and Respond to Students at Risk**

## **For Students:**

[Ending the Silence](https://www.nami.org/ets) (from the National Alliance on Mental Illness)

Presentations are available for students, school staff, and families. Audience members learn about the warning signs of mental health conditions and what steps to take if you or a loved one are showing symptoms of a mental health condition.

[Kognito Friend2Friend for Students](https://kognito.com/products?markets=PK-12&target_users=Student&topics=Suicide%20Prevention)

Adopted by several state, district, and nonprofit organizations nationally, this research-proven online learning module engages youth in a conversation about mental health and drives change in their skills and attitudes toward seeking help for oneself or a friend.

## **For School Staff, Families, and Community:**

[Question, Persuade, Refer (QPR) Training](https://qprinstitute.com/)

Question, Persuade, Refer (QPR) Training is a 1-2 hour gatekeeper training for general audiences. The goals of this training are to enhance general awareness about suicide through public education, teach community members the warning signs of suicidal thinking and behavior, and teach three basic intervention skills that can help avert the tragedy of suicide. QPR does not include suicide risk assessment.

[Kognito At-Risk for PreK-12 Educators](https://kognito.com/products?markets=PK-12&target_users=Educator&topics=Suicide%20Prevention)

A suite of products to teach PreK-12 educators about mental health and suicide prevention, which supports improved student mental wellness and school safety. Gatekeeper trainings available for Elementary, Middle, and High School Educators.

[SafeTALK](https://www.sprc.org/resources-programs/suicide-alertness-everyone-safetalk)

A 3 hour training program that teaches participants to recognize and engage persons who might be having thoughts of suicide and to connect them with community resources trained in suicide intervention. SafeTALK stresses safety while challenging taboos that inhibit open talk about suicide. The ‘safe’ of safe-TALK stands for ‘suicide alertness for everyone’. The ‘TALK’ letters stand for the practice actions that one does to help those with thoughts of suicide: Tell, Ask, Listen, and Keep Safe.

[Youth Mental Health First Aid (YMHFA)](https://www.mentalhealthfirstaid.org/)

Youth Mental Health First Aid is an 8-hour course that teaches participants how to identify, understand, and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.

[Counseling on Access to Lethal Means (CALM)](https://www.sprc.org/resources-programs/calm-counseling-access-lethal-means)

This free online course focuses on how to reduce access to the methods people use to kill themselves. It covers how to: (1) identify people who could benefit from lethal means counseling, (2) ask about their access to lethal methods, and (3) work with them—and their families—to reduce access. While this course is primarily designed for mental health professionals, others who work with people at risk for suicide, like social service professionals and health care providers, may also benefit from taking it.

## **Advanced Training:**

[Applied Suicide Intervention Skills Training (ASIST)](https://www.sprc.org/resources-programs/applied-suicide-intervention-skills-training-asist)

A two-day intensive, interactive and practice-dominated course designed to help caregivers recognize and review risk, and intervene to prevent the immediate risk of suicide. The learning process is based on adult learning principles and involves highly participatory workgroups. Graduated skills development is achieved through mini-lectures, facilitated discussions, group simulations, and role plays. ASIST is the most widely used, acclaimed and researched suicide intervention training workshop in the world.

[Assessing and Managing Suicide Risk (AMSR)](http://www.sprc.org/resources-programs/assessing-and-managing-suicide-risk-core-competencies-mental-health-professionals)

AMSR is an evidence-based, one-day suicide prevention training for mental health professionals; including counselors, mental health professionals, and social workers. AMSR is designed to help these and other professionals assess, treat, and manage suicidal patients or clients. The course has been proven to increase participants’ ability to handle suicidal patients and their confidence in doing so.