



## Suicide Prevention Training Options

SAVE A LIFE. LEARN ABOUT SUICIDE AND HOW TO PREVENT SUICIDE.

Trainings on suicide prevention and mental health are often referred to as **gatekeeper trainings**, a term for programs that seek to develop individuals' knowledge, attitudes, and skills to identify people at risk of suicide and make referrals when necessary.

**Watchstander training** is another term for these types of trainings. In the military, a watchstander is a service member who has a duty to scan the horizon looking for risks, taking appropriate action, and sounding an alarm when needed.

There are a variety of training options available for gatekeepers or watchstanders. The best training for you depends on several factors, such as the type of work you do, the people you interact with regularly and your level of integration in your community, your level of interest, your prior experience, the time you have available, the cost, your location, and your learning style and training-delivery preferences. Options for training at three levels – Basic, Intermediate, and Advanced – are provided below.

Many of these training options can also be found on the [calendar of the EscaRosa Suicide Prevention Coalition](#) and/or on the [Coalition's Facebook page](#), where they are posted as they are scheduled.



# Basic Training

Basic Training is brief training that addresses identification of risk factors and warning signs and provides resources to help someone in crisis. The target audience for Basic Training is individuals who have little to no prior training in suicide prevention or mental health but who want to learn and want to be able to assist people with whom they may come into contact.

- **Introduction to Supporting Those at Risk**

Provides introductory information on how to support someone with lived experience. Participants who are interested in learning the basics of supporting someone with lived experience will learn what research tells us about suicide and understand the process of recovery and the complex effects that a suicidal crisis can have on a family or support system.

Length of training: 1 hour

Delivery method: In person

Cost: Free

Access training and more info: <https://afsp.org/lived-experience-programs/>

- **Talk Saves Lives: An Introduction to Suicide Prevention**

A community-based presentation that covers the general scope of suicide, the research on prevention, and what people can do to fight suicide. This program has the following versions: standard, seniors, LGBTQ, workplace setting, firearms and suicide prevention, correctional environment.

Length of training: 1 hour

Delivery method: In person

Cost: Free

Access training and more info: <https://afsp.org/talk-saves-lives/>

- **VA SAVE**

Training geared toward helping Veterans who are struggling. Provided by staff of any local VA Suicide Prevention Program as part of suicide prevention services.

Length of training: 30 minutes or 1 hour

Delivery method: In person

Cost: Free

Access training and more info: Contact your local Suicide Prevention Coordinator; contact info can be located at <https://www.veteranscrisisline.net/find-resources/local-resources/>

- **Watch Stander**

Training geared toward helping Service Members and Veterans who are struggling. Can be completed individually online at any time or by members of an organization that may be designated as a Veteran Safe Place after a certain number of members complete the training.

Length of training: 45 minutes or less

Delivery method: Online

Cost: Free

Access training and more info: <https://www.thefirewatch.org/>

- **It's Time to Talk About It**  
Training designed to teach family members how to create a safety net for suicidal youth.  
Length of training: 2 hours  
Delivery method: Virtual  
Cost: Free  
Access training and more info:  
<https://www.talkablecommunities.org/trainings-calendar>

- **LivingWorks Start**  
Training that helps learners develop foundational skills to recognize when someone may be thinking of suicide and connect them with further help.  
Length of training: 90 minutes  
Delivery method: Virtual  
Cost: Around \$35  
Access training and more info:  
<https://livingworks.net/get-training/training-for-myself>

- **QPR (Question, Persuade, Refer)**  
Training that teaches “three steps anyone can learn to help prevent suicide.” Provided by a variety of local and national organizations that have an agreement with the [QPR Institute](#).  
Length of training: 1-2 hours  
Delivery method: In person or virtual, depending on who is providing the training  
Cost: Free options available as well as paid options around \$30  
Access training and more info:  
Florida LEADS: [https://floridaleadsproject.com/?page\\_id=69](https://floridaleadsproject.com/?page_id=69)  
Talkable Communities:  
<https://www.talkablecommunities.org/trainings-calendar>  
The Tatissa Foundation:  
<https://www.thetatissafoundation.org/our-programs>  
Speaks2Inspire: <https://speaks2inspire.com/events/>

- **safeTALK**  
Training that equips people to be more alert to someone thinking of suicide and better able to connect them with further help. Provided by organizations that have an agreement with LivingWorks.  
Length of training: 4 hours  
Delivery method: In person  
Cost: Varies, usually around \$35  
Access training and more info:  
<https://legacy.livingworks.net/training-and-trainers/find-a-training-workshop/?sort=date&type=7>



## Intermediate Training

Intermediate Training lasts an hour or more and addresses skills for intervening with people in crisis. The target audience for Intermediate Training is people who completed Basic Training and want to learn more OR concerned individuals who haven't received prior training but who want to be able to assist and have the time and interest to devote to Intermediate Training. A background in a mental health setting is not required.



# Advanced Training

Advanced Training lasts more than an hour and focuses on specialized skills for intervening with people in crisis. Advanced Training is intended for people who have completed Intermediate Training and/or who have significant experience.

- **ASIST (Applied Suicide Intervention Skills)**

Interactive workshop in suicide first aid designed to help the learner become ready, willing, and able to intervene with someone who has thoughts of suicide and help them develop a safety plan, access help, and find hope.

Length of training: 2 days

Delivery method: In person

Cost: Usually there is a cost

Access training and more info: <https://livingworks.net/get-training/training-for-myself/>

- **Linking Individuals Needing Care (LINC)**

A skills-based training focused on rapport-building, screening, and risk identification using the Zero Suicide approach, development of referrals, and steps for collaborating with the system of care to keep individuals at risk for suicide safe.

Length of training: 8 hours

Delivery method: Virtual

Cost: Free

Access training and more info: [https://floridaleadsproject.com/?page\\_id=69](https://floridaleadsproject.com/?page_id=69)

- **Adult Mental Health First Aid**

Skills-based training course designed for adults to help other adults who experience mental health/substance use challenges or are in crisis. Provided by a variety of local and national organizations that have an agreement with [Mental Health First Aid](#).

Length of training: 7-8 hours

Delivery method: In person or virtual

Cost: Free options available as well as paid options

Access training and more info:

Talkable Communities (free, virtual options):

<https://www.talkablecommunities.org/trainings-calendar>

CDAC Behavioral Healthcare (in-person): Call (888) 994-9944 to schedule or <https://cdac.info/>

- **Youth Mental Health First Aid**

Skills-based training course designed for adults to learn how to help adolescents who experience mental health/substance use challenges or are in crisis. Provided by a variety of local and national organizations that have an agreement with [Mental Health First Aid](#).

Length of training: 6 hours

Delivery method: In person or virtual

Cost: Free options available as well as paid options

Access training and more info:

Talkable Communities (free, virtual options):

<https://www.talkablecommunities.org/trainings-calendar>

Speaks2Inspire: <https://speaks2inspire.com/events/>

CDAC Behavioral Healthcare (in-person): Call (888) 994-9944 to schedule or <https://cdac.info/>

- **Safety Planning: A LINC to Life Suicide Prevention Training**

Learn how to develop a collaborative safety plan with someone experiencing suicidal thoughts, including identifying triggers, coping strategies, supports, opportunities to keep the environment safe, and reasons for living.

Length of training: 3 hours

Delivery method: Virtual

Cost: Free

Access training and more info: [https://floridaleadsproject.com/?page\\_id=69](https://floridaleadsproject.com/?page_id=69)

# Additional Training & Educational Opportunities

Zero Suicide Institute offers a chart of training options.

[https://zerosuicide.edc.org/sites/default/files/2020-11/2020.11.18%20Suicide%20Care%20Training%20Options\\_0.pdf](https://zerosuicide.edc.org/sites/default/files/2020-11/2020.11.18%20Suicide%20Care%20Training%20Options_0.pdf)

## American Foundation for Suicide Prevention

American Foundation for Suicide Prevention (AFSP) offers a variety of trainings and programs as well as documentary films dealing with suicide, the impacts of suicide, and suicide prevention topics.

**It's Real: College Students and Mental Health** is a documentary featuring the stories of six college students from across the country. The AFSP-produced film **It's Real: College Students and Mental Health** is designed to raise awareness about mental health issues commonly experienced by students and is intended to be used as part of a school's educational program to encourage help-seeking. <https://afsp.org/itsreal/>

**It's Real: Teens and Mental Health for High School Students** is a documentary intended for high school classes or community settings with groups of teens, ages from 14 to 18, This 45-minute program provides young people with mental health education and resources. The film raises awareness about mental health issues, how to start a conversation about mental health, the importance of self-care, and how to reach out for help.

<https://afsp.org/itsreal/>

**It's Real: Teens and Mental Health for Middle School Students** is a documentary intended for middle school classes or community settings with groups of teens, ages from 11 to 15, This 45-minute program provides young people with mental health education and resources. The program raises awareness about mental health issues, how to start a conversation about mental health, the importance of self-care, and how to reach out for help.

<https://afsp.org/itsreal/>

## NAMI (National Alliance on Mental Illness)

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI chapters in the Florida Panhandle -- NAMI Pensacola, NAMI Okaloosa Walton, NAMI Bay and NAMI Tallahassee -- have joined forces to offer a range of their support groups and classes online via Zoom. Available classes are NAMI Peer-to-Peer, NAMI Family-to-Family, NAMI Homefront, and NAMI Basics. For more information and to register, visit

<https://www.namisupportgroups.org/>



## Hotlines

Crisis Text Line

Text "GULF" to 741-741

Suicide & Crisis Lifeline

988

The Trevor Project Lifeline (LGBTQ+ Youth Support Line)

1-866-488-7386

Text "START" to 678-678

Veterans Crisis Line 988 then press 1

Text 838255

**988** SUICIDE & CRISIS  
LIFELINE

24/7 CALL, TEXT, CHAT