

## Choosing a Suicide Prevention Gatekeeper Training Program – A Comparison Table

Updated by the Suicide Prevention Resource Center, July 2018

Identifying and assisting individuals at risk for suicide is a key component of the [Comprehensive Approach to Suicide Prevention](#). Although screening and assessing patients for suicide risk is becoming more common in health care settings, many people at risk for suicide do not see health care professionals in the critical weeks, days, or hours before they harm themselves. However, friends, family, co-workers, and others can help if they know how to recognize and respond to suicide risk. Gatekeeper training teaches people to identify individuals who are showing warning signs of suicide risk and help these individuals get the services they need.

Most adults and adolescents can be trained as gatekeepers, but gatekeeper training programs are often tailored to specific groups. Specific audiences for gatekeeper training include those who have regular contact with people who may be at increased risk for suicide, such as high school teachers and students; first responders; faith community leaders; and people who work with older adults, LGBT youth, men in the middle years, and those involved in the criminal justice system.

Gatekeeper training is also valuable for staff in health and behavioral health care settings who may have contact with people at risk for suicide but do not provide screening, assessment, or treatment, such as paraprofessional care, administrative, office, and facilities staff. These staff can help play a role in ensuring that people at risk receive appropriate screening and assessment from clinical staff and do not “fall through gaps” in the system.

This table will help you find a gatekeeper training appropriate for your setting, the people you are trying to protect from suicide, and the people you want to train as gatekeepers. It is not a comprehensive list of gatekeeper trainings. It summarizes the trainings included in the [Resources and Programs](#) section of the SPRC website. Each training in this table is linked to the organization that developed it and/or makes it available and to its listing on the SPRC website.

It is important to remember that gatekeeper training is only one component of a comprehensive approach to suicide prevention. It is of limited use without (1) protocols for keeping individuals at risk safe and (2) ways to help people find local agencies and professionals who can de-escalate suicidal crises and provide mental health treatment and other services that reduce the risk of suicide.

For more information about how gatekeeper training fits into a comprehensive approach to suicide prevention, visit the [Comprehensive Approach](#) section of the SPRC website.

Applied Suicide Intervention Skills Training (ASIST)			
Training Objectives	Audiences	Training Format & Highlights	For More Information
<p>This program teaches people to do the following:</p> <ul style="list-style-type: none"> <li>• Understand how attitudes affect views on suicide and prevention</li> <li>• Provide assistance and suicide first aid to a person at risk</li> <li>• Identify the elements of a suicide safety plan and the actions needed to implement it</li> <li>• Value improving and integrating suicide prevention resources in the community</li> <li>• Recognize other aspects of suicide prevention, including self-care</li> </ul>	<p><b>Who can be trained:</b> Anyone ages 16 and older (e.g., health care providers, teachers and other school staff, clergy, community volunteers, first responders, and caregivers)</p> <p><b>Who is helped:</b> Individuals who have thoughts of suicide</p>	<ul style="list-style-type: none"> <li>• 2-day, 15-hour workshop led by two LivingWorks registered trainers</li> <li>• Includes presentations, videos, group discussions, and skills practice and development</li> <li>• Training-of-trainers available</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">LivingWorks</a></li> <li>• <a href="#">SPRC Listing – ASIST</a></li> </ul>
Ask, Care, Escort (ACE) Suicide Intervention Training			
Training Objectives	Audiences	Training Format & Highlights	For More Information
<p>This program teaches people to do the following:</p> <ul style="list-style-type: none"> <li>• Learn about the risk factors and warning signs of suicide</li> <li>• Intervene with those at risk of suicide by: <ul style="list-style-type: none"> <li>○ Asking whether he or she is considering suicide</li> <li>○ Caring by listening, offering hope, and not judging the person</li> <li>○ Escorting the person to a source of professional help</li> </ul> </li> </ul>	<p><b>Who can be trained:</b> Soldiers</p> <p><b>Who is helped:</b> Soldiers</p> <p><b>Note:</b> ACE is only available to authorized U.S. Army personnel. The U.S. Army also uses ASIST to train family members and others.</p>	<ul style="list-style-type: none"> <li>• 1½-hour training</li> <li>• Training materials include manual, slides, and tip and wallet cards</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Army Suicide Prevention Program</a></li> <li>• <a href="#">SPRC Listing – Ask, Care, Escort</a></li> </ul>

<b>ASK About Suicide To Save a Life</b>			
<b>Training Objectives</b>	<b>Audiences</b>	<b>Training Format &amp; Highlights</b>	<b>For More Information</b>
<p><b>This program teaches people to do the following:</b></p> <ul style="list-style-type: none"> <li>• Understand suicide and suicidal behavior</li> <li>• Identify the risk and protective factors and warning signs</li> <li>• Apply basic suicide prevention skills (ask about suicide, know where and how to refer a person for help)</li> </ul>	<p><b>Who can be trained:</b></p> <ul style="list-style-type: none"> <li>• K–12 educators required by Texas to be certified in suicide prevention</li> <li>• Other adults</li> </ul> <p><b>Who is helped:</b> Youth and adults</p>	<ul style="list-style-type: none"> <li>• 1¼-hour video training that provides certification for teachers in Texas</li> <li>• 1-hour video training for informal settings where certification is not needed</li> <li>• 1½ to 4-hour workshops taught by certified trainers for community members and others</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Texas Suicide Prevention</a></li> <li>• <a href="#">SPRC Listing – ASK About Suicide</a></li> </ul>
<b>Be A Link!® Community Gatekeeper Training</b>			
<b>Training Objectives</b>	<b>Audiences</b>	<b>Training Format &amp; Highlights</b>	<b>For More Information</b>
<p><b>This program teaches people to do the following:</b></p> <ul style="list-style-type: none"> <li>• Identify the warning signs and risk and protective factors of suicide</li> <li>• Know resources to help people at risk and how to access them</li> <li>• Talk with teens about suicide and suicide prevention</li> <li>• Talk with a young person at risk for suicide or seeking help</li> <li>• Understand school liabilities, policies, and procedures</li> </ul>	<p><b>Who can be trained:</b></p> <ul style="list-style-type: none"> <li>• Any adult</li> <li>• Additional training tracks available for school staff, first responders, faith leaders, and youth peer leaders</li> </ul> <p><b>Who is helped:</b> Youth</p>	<ul style="list-style-type: none"> <li>• 2-hour training</li> <li>• Trainings for school staff, first responders, and faith leaders are 2½ hours.</li> <li>• Trainings can involve youth peer leaders.</li> <li>• 2-day trainer-of-trainer workshops are available.</li> <li>• A youth/teen peer leader training is also available.</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Yellow Ribbon Suicide Prevention Program</a></li> <li>• <a href="#">SPRC Listing – Be A Link</a></li> </ul>

Campus Connect: A Suicide Prevention Training for Gatekeepers			
Training Objectives	Audiences	Training Format & Highlights	For More Information
<p><b>This program teaches people to do the following:</b></p> <ul style="list-style-type: none"> <li>• Know suicide warning signs and risk and protective factors</li> <li>• Respond to students in emotional crisis and ask students about suicidal thoughts</li> <li>• Lessen these students’ feelings of isolation</li> <li>• Help these students connect to professional resources</li> </ul>	<p><b>Who can be trained:</b> College and university staff, including faculty, residence life staff, academic advisors, and health center staff</p> <p><b>Who is helped:</b> College and university students</p>	<ul style="list-style-type: none"> <li>• 3-hour session for campus personnel</li> <li>• 6-hour train-the-trainer session that allows the campus to create a self-sustaining gatekeeper training program</li> <li>• Trainings include participation in a guided role play and other experiential exercises</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Syracuse University Counseling Center</a></li> <li>• <a href="#">SPRC Listing – Campus Connect</a></li> </ul>
Community Gatekeeper Training: Lesbian, Gay, Bisexual, Transgender (LGBT) Older Adults and Suicide Prevention			
Training Objectives	Audiences	Training Format & Highlights	For More Information
<p><b>This program teaches people to do the following:</b></p> <ul style="list-style-type: none"> <li>• Understand the unique challenges to successful aging faced by LGBT older adults</li> <li>• Recognize when a LGBT older adult may be at risk for suicide</li> <li>• Respond appropriately to a LGBT older adult at risk for suicide</li> </ul>	<p><b>Who can be trained:</b> Caregivers and service providers for older adults and/or LGBT communities (e.g., doctors, pharmacy technicians, care center staff, home health aides, residential facility staff, housing and transportation staff, Meals on Wheels volunteers, mental health professionals, and faith leaders)</p> <p><b>Who is helped:</b> LGBT older adults</p>	<ul style="list-style-type: none"> <li>• 2-hour workshop that includes skill-building, interactive activities</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Crisis Support Services of Alameda County</a></li> <li>• <a href="#">SPRC Listing – LGBT Older Adult Gatekeeper Training</a></li> </ul>

Connect Suicide Prevention/Intervention Training			
Training Objectives	Audiences	Training Format & Highlights	For More Information
<p><b>This program teaches people to do the following:</b></p> <ul style="list-style-type: none"> <li>Recognize the warning signs of mental illness, substance abuse, and other risk factors that lead to suicide</li> <li>Intervene and connect a person at risk for suicide to resources</li> <li>Understand the topics related to suicide and suicide prevention, including attitudes toward suicide and the effects of stigma, national suicide data, individual and community risk and protective factors, reducing access to lethal means, safe messaging, and the influence of electronic media</li> </ul>	<p><b>Who can be trained:</b></p> <ul style="list-style-type: none"> <li>Professionals and community members</li> <li>Specialized training is available for the following audiences: American Indians and Alaska Natives, colleges and universities, community gatekeepers, domestic violence agencies, schools, emergency medical service providers, faith communities, hospitals and emergency departments, law enforcement agencies, mental health and substance abuse providers, military, older adult service providers, primary care providers, social service agencies, and youth</li> </ul> <p><b>Who is helped:</b> People across the lifespan and people in specialized settings served by the training audiences listed above</p>	<p>A number of trainings are available:</p> <ul style="list-style-type: none"> <li>Connect: 1-day (6 hours) gatekeeper training</li> <li>Connect training and suicide prevention planning: 2-day training including gatekeeper training and training on planning a community suicide prevention safety net</li> <li>Train-the-Trainer: 3-day training program teaches participants how to implement the Connect gatekeeper training</li> <li>Combination: 4-day program combining the Connect training, suicide prevention planning program, and the train-the-trainer program</li> <li>Connect Youth Leaders: Partnering with Adults in Youth Suicide Prevention, a 2-day training that prepares high school youth to co-facilitate with a trained adult to provide Connect Youth Training for high school audiences</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Connect</a></li> <li><a href="#">SPRC Listing - Connect</a></li> </ul>

Gryphon Place Gatekeeper Programs – Middle School and High School			
Training Objectives	Audiences	Training Format & Highlights	For More Information
<p><b>This program teaches people to do the following:</b></p> <ul style="list-style-type: none"> <li>Identify the warning signs of suicide</li> <li>Talk to friends who are considering suicide</li> <li>Connect friends to professional help and crisis services</li> </ul>	<p><b>Who can be trained:</b> Middle and high school students (7th and 9th grades)</p> <p><b>Who is helped:</b> Middle and high school students</p>	<ul style="list-style-type: none"> <li>The training is presented by personnel trained by Gryphon Place.</li> <li>The program connects students with Gryphon Place services, such as the 381-HELP crisis hotline, the 2-1-1 information and referral hotline, and the peer mediation and restorative justice program for students who are involved in conflict or bullying.</li> <li>7th grader program: Three 1-hour sessions taught on consecutive days</li> <li>9th grade program: Four 1-hour sessions taught on consecutive days</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Gryphon Place</a></li> <li><a href="#">SPRC Listing – Middle School</a></li> <li><a href="#">SPRC Listing – High School</a></li> </ul>
Kognito Suicide Prevention Simulations – Educators (Elementary, Middle, High School, and University/College)			
Training Objectives	Audiences	Training Format & Highlights	For More Information
<p><b>This program teaches people to do the following:</b></p> <ul style="list-style-type: none"> <li>Identify the warning signs of psychological distress</li> <li>Talk with students about their issues, building resilience, and increasing connectedness</li> <li>Determine students’ need for referral, motivate them to seek help, and assist them in getting help</li> </ul> <p>For Elementary Educators:</p> <ul style="list-style-type: none"> <li>Collaborate with parents to discuss concerns and how to access help</li> </ul>	<p><b>Who can be trained:</b></p> <ul style="list-style-type: none"> <li>Elementary, middle, and high school educators, teachers, and staff</li> <li>College and university faculty, staff, and administrators</li> </ul> <p><b>Who is helped:</b> Elementary, middle, high school, college, and university students</p>	<p>Four online trainings are available for educators in the form of interactive role-play simulations:</p> <ul style="list-style-type: none"> <li>At-Risk for Elementary School Educators (60- and 120-minute versions)</li> <li>At-Risk for Middle School Educators (60- and 120-minute versions)</li> <li>At-Risk for High School Educators (60- and 120-minute versions)</li> <li>At-Risk for College and University Faculty &amp; Staff (45 minutes)</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Kognito</a></li> <li><a href="#">SPRC Listing - Middle School</a></li> <li><a href="#">SPRC Listing - High School</a></li> <li><a href="#">SPRC Listing - College/University</a></li> </ul>

Kognito Suicide Prevention Simulations – College and University Students			
Training Objectives	Audiences	Training Format & Highlights	For More Information
<p><b>This program teaches people to do the following:</b></p> <ul style="list-style-type: none"> <li>Identify the warning signs of psychological distress</li> <li>Help friends who are uncomfortable talking about their issues and motivate them to seek help</li> <li>Know when they need support themselves</li> <li>Understand the school’s process for referral and counseling services</li> </ul>	<p><b>Who can be trained:</b> University and college students and student leaders</p> <p><b>Who is helped:</b> University and college students</p>	<p>Online training in the form of an interactive role-play simulation:</p> <ul style="list-style-type: none"> <li>At Risk for College Students (30 minutes)</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Kognito</a></li> <li><a href="#">SPRC Listing - College Students</a></li> </ul>
Kognito Suicide Prevention Simulations – Friend2Friend			
Training Objectives	Audiences	Training Format & Highlights	For More Information
<p><b>This program teaches people to do the following:</b></p> <ul style="list-style-type: none"> <li>Recognize the signs of distress in a friend</li> <li>Become comfortable asking friends if they considering suicide and encouraging them to seek help</li> </ul>	<p><b>Who can be trained:</b> Youth ages 13–18</p> <p><b>Who is helped:</b> Youth ages 13–18</p>	<p>Online, game-based simulation:</p> <ul style="list-style-type: none"> <li>Friend2Friend (30 minutes)</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Kognito</a></li> <li><a href="#">SPRC Listing - Friend2Friend</a></li> </ul>

Let's Talk Gatekeeper Training			
Training Objectives	Audiences	Training Format & Highlights	For More Information
<p><b>This program teaches people to do the following:</b></p> <ul style="list-style-type: none"> <li>• Understand the nature and signs of depression and suicidal behavior</li> <li>• Increase their competence and confidence in identifying youth at risk</li> <li>• Increase their capability to respond effectively to a youth in crisis</li> </ul>	<p><b>Who can be trained:</b></p> <ul style="list-style-type: none"> <li>• Foster parents</li> <li>• Other adults that care for children</li> </ul> <p><b>Who is helped:</b> Children</p>	<ul style="list-style-type: none"> <li>• This 2-hour training is largely conducted using PowerPoint slides.</li> <li>• It also includes some interactive lessons.</li> <li>• Participants receive several handouts, including resource lists, risk factor checklists, and a bibliography.</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">SPRC Listing – Let's talk Gatekeeper Training</a></li> </ul>
Lifelines®: A Comprehensive Suicide Awareness and Responsiveness Program for Teens			
Training Objectives	Audiences	Training Format & Highlights	For More Information
<p><b>This program teaches people to do the following:</b></p> <ul style="list-style-type: none"> <li>• Understand the facts about suicide and their roles in suicide prevention</li> <li>• Understand how to involve parents and guardians as partners</li> <li>• Gather information about a student's risk for suicide and understand the warning signs of suicide</li> <li>• Talk with at-risk students and assist them in getting more help as needed</li> </ul>	<p><b>Who can be trained:</b> Middle and high school administrators, faculty, and staff; parents; and students</p> <p><b>Who is helped:</b> Middle and high school students</p>	<p>This is a whole-school program with three components:</p> <ol style="list-style-type: none"> <li>1. Lifelines: Prevention</li> <li>2. Lifelines: Intervention</li> <li>3. Lifelines: Postvention</li> </ol> <p>Each component includes a facilitator guide, DVDs, and a USB flash drive with reproducible materials and handouts.</p>	<ul style="list-style-type: none"> <li>• <a href="#">Hazelden Lifelines®</a></li> <li>• <a href="#">SPRC Listing – Lifelines</a></li> </ul>

LOOK LISTEN LINK and H.E.L.P.			
Training Objectives	Audiences	Training Format & Highlights	For More Information
<p><b>This program teaches people to do the following:</b></p> <ul style="list-style-type: none"> <li>Understand the facts about stress, anxiety, depression, and suicide prevention</li> <li>Assist a friend who may be dealing with these issues</li> </ul>	<p><b>Who can be trained:</b></p> <ul style="list-style-type: none"> <li>LOOK LISTEN LINK: 6th–8th grade students</li> <li>H.E.L.P. (Helping Every Living Person): 9th–11th grade students</li> </ul> <p><b>Who is helped:</b></p> <ul style="list-style-type: none"> <li>LOOK LISTEN LINK: 6th–8th grade students</li> <li>H.E.L.P.: 9th–11th grade students</li> </ul>	<ul style="list-style-type: none"> <li>Developed by the Youth Suicide Prevention Program in Washington State, these classroom-based prevention programs consist of four 45-minute lessons that cover stress, anxiety, depression, and suicide prevention and skills practice. The 9th–11th grade students also learn suicide intervention skills.</li> <li>These trainings are designed so that classroom teachers or counselors can incorporate them into their health, social skills, or family life curricula.</li> <li>Students participate in discussions, interactive exercises, and role-play practice and observation.</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Crisis Connections</a></li> <li><a href="#">SPRC Listing – LOOK LISTEN LINK</a></li> <li><a href="#">SPRC Listing – H.E.L.P.</a></li> </ul>
Making Educators Partners in Youth Suicide Prevention: ACT on FACTS			
Training Objectives	Audiences	Training Format & Highlights	For More Information
<p><b>This program teaches people to do the following:</b></p> <ul style="list-style-type: none"> <li>Define suicide prevention as a part of the school culture by contextualizing it as a component of a “competent school community”</li> <li>Describe the critical but limited role of educators in the prevention process</li> <li>Explain why specific categories of students may be at increased risk</li> <li>Discuss strategies for dealing with students who are at risk</li> </ul>	<p><b>Who can be trained:</b> School educators and school staff in high schools, middle schools, and elementary schools</p> <p><b>Who is helped:</b> Students in high schools, middle schools, and elementary schools</p>	<ul style="list-style-type: none"> <li>This is a 2-hour online, interactive training. In-person versions of the training are also available.</li> <li>The program highlights four groups of youth who may be at increased risk for suicide: youth involved in bullying, LGBTQ youth, gifted youth, and students being reintegrated back into school after a suicide attempt.</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Society for the Prevention of Teen Suicide</a></li> <li><a href="#">SPRC Listing – Making Educators Partners</a></li> </ul>

<b>More Than Sad</b>			
<b>Training Objectives</b>	<b>Audiences</b>	<b>Training Format &amp; Highlights</b>	<b>For More Information</b>
<p><b>This program teaches people to do the following:</b></p> <p>For school personnel:</p> <ul style="list-style-type: none"> <li>• Understand their school’s resources, policies, and protocols for identifying and assisting youth at risk of suicide</li> <li>• Identify the signs of depression and other mental health problems in youth</li> <li>• Access help and/or refer youth for help</li> </ul> <p>For parents:</p> <ul style="list-style-type: none"> <li>• Identify the signs of depression and other mental health problems in youth</li> <li>• Talk about mental health with their child</li> <li>• Get help for their child</li> </ul> <p>For students:</p> <ul style="list-style-type: none"> <li>• Identify the signs of depression in themselves and others</li> <li>• Challenge prejudice surrounding depression</li> <li>• Promote the importance of seeking help</li> <li>• Understand the treatment process</li> </ul>	<p><b>Who can be trained:</b></p> <ul style="list-style-type: none"> <li>• Teachers and other school personnel</li> <li>• Parents</li> <li>• High school students</li> </ul> <p><b>Who is helped:</b> High school students</p>	<ul style="list-style-type: none"> <li>• This training is available in three formats for the following audiences: <ul style="list-style-type: none"> <li>○ Teachers and other school personnel</li> <li>○ Parents (English and Spanish)</li> <li>○ High school students</li> </ul> </li> <li>• Each program incorporates one or both of the following 25-minute videos: <ul style="list-style-type: none"> <li>○ More Than Sad: Preventing Teen Suicide</li> <li>○ More Than Sad: Teen Depression</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">American Foundation for Suicide Prevention</a></li> <li>• <a href="#">SPRC Listing - More Than Sad: Teachers</a></li> <li>• <a href="#">SPRC Listing - More Than Sad: Teen Depression</a></li> </ul>

Question. Persuade. Refer. (QPR)			
Training Objectives	Audiences	Training Format & Highlights	For More Information
<p><b>This program teaches people to do the following:</b></p> <ul style="list-style-type: none"> <li>Recognize the warning signs of suicide</li> <li>How to talk with someone who may be at risk for suicide and persuade them to get help</li> <li>Refer at-risk individuals to appropriate resources for help</li> </ul>	<p><b>Who can be trained:</b> Individuals, organizations, or professional groups</p> <p><b>Who is helped:</b> Community members</p>	<ul style="list-style-type: none"> <li>QPR comes in different versions for the following audiences:               <ul style="list-style-type: none"> <li>Individuals: Online</li> <li>Organizations: Online or in-person</li> <li>Professional groups, including health care professionals, veterans, law enforcement, firefighters &amp; EMS</li> </ul> </li> <li>Extended learning options are available beyond basic QPR courses.</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">QPR Institute</a></li> <li><a href="#">SPRC Listing - QPR</a></li> </ul>
Response (Second Edition)			
Training Objectives	Audiences	Training Format & Highlights	For More Information
<p><b>This program teaches people to do the following:</b></p> <ul style="list-style-type: none"> <li>Recognize the signs of depression and suicide</li> <li>Understand the attitudes and behaviors that can hinder help-seeking</li> <li>Understand the steps for seeking help for oneself and others</li> <li>Identify and use “crisis contacts” at the school who can offer immediate help</li> </ul>	<p><b>Who can be trained:</b> High school students, parents, and teachers</p> <p><b>Who is helped:</b> High school students</p>	<ul style="list-style-type: none"> <li>The program includes:               <ul style="list-style-type: none"> <li>Implementation Manual with specific instructions</li> <li>Student Component with four 50-minute lesson plans</li> <li>In-Service Manual with instructions for conducting a 2-hour staff training</li> </ul> </li> <li>The Student Component and In-Service Manual include:               <ul style="list-style-type: none"> <li>PowerPoint presentations</li> <li>DVDs</li> </ul> </li> <li>Additional components include Parent Workshop instructions and PowerPoint presentation, and a Juvenile Justice Edition Youth Component.</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">ColumbiaCare</a></li> <li><a href="#">SPRC Listing - Response</a></li> </ul>

Shield of Care™			
Training Objectives	Audiences	Training Format & Highlights	For More Information
<p><b>This program teaches people to do the following:</b></p> <ul style="list-style-type: none"> <li>• Understand the risk and protective factors of suicide</li> <li>• Increase self-efficacy to prevent suicide</li> <li>• Understand suicide prevention strategies and skills</li> </ul>	<p><b>Who can be trained:</b> Juvenile justice staff</p> <p><b>Who is helped:</b> Juveniles in correctional facilities</p>	<ul style="list-style-type: none"> <li>• This 8-hour training is tailored to the juvenile justice environment.</li> <li>• The training includes a focus on each of the five components of the Shield of Care Model: Seeing, Protecting, Listening, Assessing, and Networking.</li> <li>• Program materials include a trainer’s manual, participant workbook, PowerPoint presentation with video, and wallet cards.</li> <li>• The training aims to educate individual staff members and increase system-level capacity for effective suicide prevention.</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Tennessee Department of Mental Health &amp; Substance Abuse Services</a></li> <li>• <a href="#">SPRC Listing – Shield of Care™</a></li> </ul>

Sources of Strength			
Training Objectives	Audiences	Training Format & Highlights	For More Information
<p><b>This program teaches people to do the following:</b></p> <ul style="list-style-type: none"> <li>• Change peer group norms that influence coping practices and problem behaviors (e.g., self-harm)</li> <li>• Promote protective factors that are linked to overall psychological wellness and reduced suicide risk</li> <li>• Reduce the acceptability of suicide as a response to distress</li> <li>• Increase the acceptability of seeking help</li> <li>• Improve communication between youth and adults</li> <li>• Develop healthy coping attitudes among youth</li> </ul>	<p><b>Who can be trained:</b></p> <ul style="list-style-type: none"> <li>• Adult advisors (e.g., school counselors, teachers, youth workers, pastors and spiritual leaders, and are often a mix of school staff and community adults who have a high degree of connection with students)</li> <li>• Peer leaders</li> </ul> <p><b>Who is helped:</b> Youth and young adults</p>	<ul style="list-style-type: none"> <li>• The program aims to enhance protective factors and reduce suicide. It engages peer leaders to change peer norms related to help-seeking and developing strengths.</li> <li>• Adult advisors are given an orientation training and monthly teleconference support with Sources of Strength staff. Their role is to support the peer teams.</li> <li>• Peer leaders spend 15–50 hours during a 3–6 month program, which includes an initial training, although the program is designed to last multiple years.</li> <li>• The program is most often based in a school (middle, high school, or college), but it can also be implemented in community, faith-based, and diverse cultural settings.</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Sources of Strength</a></li> <li>• <a href="#">SPRC Listing – Sources of Strength</a></li> </ul>
Student Support Network			
Training Objectives	Audiences	Training Format & Highlights	For More Information
<p><b>This program teaches people to do the following:</b></p> <ul style="list-style-type: none"> <li>• Identify warning signs of distress in friends and peers</li> <li>• Understand common mental health challenges</li> <li>• Discuss concerns with friends and peers in an empathetic, nonjudgmental way</li> <li>• Help friends and peers connect to resources for support, such as the campus counseling center</li> </ul>	<p><b>Who can be trained:</b> College and university student leaders</p> <p><b>Who is helped:</b> College and university students</p>	<ul style="list-style-type: none"> <li>• Students are recruited to participate in the program based on their involvement and leadership on campus and their desire to help others.</li> <li>• Students meet weekly for six sessions.</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Worcester Polytechnic Institute</a></li> <li>• <a href="#">SPRC Listing - Student Support Network</a></li> </ul>

Suicide Alertness for Everyone (safeTALK)			
Training Objectives	Audiences	Training Format & Highlights	For More Information
<p><b>This program teaches people to do the following:</b></p> <ul style="list-style-type: none"> <li>Recognize and respond to people who may be having suicidal thoughts</li> <li>Apply the TALK steps: Tell, Ask, Listen, and Keep Safe</li> <li>Know how to connect someone with suicidal thoughts to community resources for help</li> </ul>	<p><b>Who can be trained:</b> Anyone 15 years or older, regardless of experience or training</p> <p><b>Who is helped:</b> Community members</p>	<ul style="list-style-type: none"> <li>This half-day training includes presentations from a LivingWorks trainer, audiovisual aids, and skills practice.</li> <li>The audiovisual aids can be selected from a library of scenarios to tailor the training to the specific audience.</li> <li>People who have taken this training often work with others who have taken the 2-day ASIST (Applied Suicide Intervention Skills Training).</li> <li>A training for trainers is also available.</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">LivingWorks - SafeTALK Training</a></li> <li><a href="#">LivingWorks - SafeTALK Training for Trainers</a></li> <li><a href="#">SPRC Listing - SafeTALK</a></li> </ul>
Suicide and Older Adults – Samaritans of Merrimack Valley (two different trainings)			
Training Objectives	Audiences	Training Format & Highlights	For More Information
<p><b>These two programs teach people to do the following:</b></p> <ul style="list-style-type: none"> <li>Distinguish between normal aging and mental health issues</li> <li>Identify suicide risk factors, protective factors, and warning signs in older adults</li> <li>List local services available for older adults who are at risk for suicide</li> </ul> <p>Suicide and Aging: A Gatekeeper’s Workshop teaches nonclinical staff and caregivers to:</p> <ul style="list-style-type: none"> <li>Seek assistance to help older adults at risk for suicide rather than helping them directly</li> </ul> <p>Gatekeepers of Older Adults teaches clinical staff to:</p>	<p><b>Who can be trained:</b></p> <ul style="list-style-type: none"> <li>Nonclinical caregivers and staff (e.g., Meals on Wheels staff, administrative, and transport staff, and housekeepers)</li> <li>Clinical staff (e.g., nurses, social workers, and licensed mental health counselors)</li> </ul> <p><b>Who is helped:</b> Older adults</p>	<ul style="list-style-type: none"> <li>Suicide and Aging: A Gatekeeper’s Workshop is 4 hours for nonclinical staff and caregivers.</li> <li>Gatekeepers of Older Adults is 8 hours for clinical staff.</li> <li>Both trainings consist of a PowerPoint presentation, handouts, vignettes, small group exercises, and group discussions.</li> </ul>	<ul style="list-style-type: none"> <li><a href="https://www.fsmv.org/suicide-prevention/trainings/">Samaritans of Merrimack Valley (https://www.fsmv.org/suicide-prevention/trainings/)</a></li> <li><a href="#">SPRC Listing - Gatekeepers of Older Adults</a></li> <li><a href="#">SPRC Listing - Suicide and Aging</a></li> </ul>

<ul style="list-style-type: none"> <li>Engage and intervene with older adults at risk for suicide</li> <li>Provide ongoing care and support</li> </ul>			
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**Suicide Prevention: A Gatekeeper Training for School Personnel**

Training Objectives	Audiences	Training Format & Highlights	For More Information
<p><b>This program teaches people to do the following:</b></p> <ul style="list-style-type: none"> <li>Know the suicide warning signs and risk and protective factors</li> <li>Ask students directly about suicide</li> <li>Locate school and/or community resources for at-risk students and their families</li> </ul>	<p><b>Who can be trained:</b> Teachers and school personnel</p> <p><b>Who is helped:</b> Students</p>	<ul style="list-style-type: none"> <li>This 2-hour training is for teachers and other school personnel of all grade levels.</li> <li>This in-person training includes lecture with a PowerPoint presentation, discussion, videos, and role-plays.</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Riverside Trauma Center</a></li> <li><a href="#">SPRC Listing – Gatekeeper Training for School Personnel</a></li> </ul>

**Suicide Prevention: School Staff**

Training Objectives	Audiences	Training Format & Highlights	For More Information
<p><b>This program teaches people to do the following:</b></p> <ul style="list-style-type: none"> <li>Recognize the risk factors and warning signs of suicide</li> <li>Understand how to talk with a student who may be suicidal</li> <li>Identify the steps for getting a student help</li> </ul>	<p><b>Who can be trained:</b> Middle and high school staff (e.g., teachers, guidance counselors, nurses, and other staff)</p> <p><b>Who is helped:</b> Middle and high school students</p>	<ul style="list-style-type: none"> <li>This is a 1- to 3-hour training in which participants learn about suicide prevention and are introduced to the concept and skills of befriending.</li> <li>Materials include a PowerPoint presentation, handouts, and wallet cards.</li> <li>Role-playing and practice modules are included for extended (2- to 3-hour) versions of the training.</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Samaritans – Boston</a></li> <li><a href="#">SPRC Listing – School Staff</a></li> </ul>

Trevor Lifeguard Workshop			
Training Objectives	Audiences	Training Format & Highlights	For More Information
<p><b>This program teaches people to do the following:</b></p> <ul style="list-style-type: none"> <li>Identify the warning signs of depression and suicide</li> <li>Describe three personal self-care strategies</li> <li>Explain ways to respond to the warning signs of suicide to keep peers safe</li> <li>Identify one supportive adult in their environment to turn to for help</li> <li>Describe the services offered by The Trevor Project and how to access them</li> </ul> <p>For general youth audience:</p> <ul style="list-style-type: none"> <li>Examine the impact of their language and actions on the experiences and mental health of their LGBTQ peers</li> </ul>	<p><b>Who can be trained:</b> Youth in grades 6–12</p> <p><b>Who is helped:</b> LGBTQ youth and other youth</p>	<ul style="list-style-type: none"> <li>This is a 65- to 90-minute interactive workshop for middle school and high school youth.</li> <li>There are two versions of the workshop:               <ol style="list-style-type: none"> <li>Lesbian, gay, bisexual, transgender, and questioning (LGBTQ) youth</li> <li>General youth audiences</li> </ol> </li> <li>There is an online webinar training for adults who want to facilitate Lifeguard Workshops for youth.</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">The Trevor Project</a></li> <li><a href="#">SPRC Listing – Trevor Lifeguard</a></li> </ul>

Umatter® for Schools			
Training Objectives	Audiences	Training Format & Highlights	For More Information
<p><b>This program teaches people to do the following:</b></p> <ul style="list-style-type: none"> <li>Identify the warning signs and risk and protective factors of youth in distress</li> <li>Describe their roles and responsibilities in responding to suicidal behavior</li> <li>Identify the cultural factors that contribute to the prejudice associated with seeking help</li> <li>Identify resources for referral and support in their communities and state</li> <li>Describe the <i>Lifelines</i> curriculum, supports for it, and possible challenges to implementing it</li> <li>Develop school protocols for suicide prevention, intervention, and postvention</li> </ul>	<p><b>Who can be trained:</b> Middle and high school teams of administrators, teachers, counselors, and community mental health providers</p> <p><b>Who is helped:</b> Middle and high school students</p>	<p>This is a 2-day training for teams of school personnel and community mental health providers to learn how to:</p> <ul style="list-style-type: none"> <li>Identify and respond to suicidal behavior</li> <li>Identify resources for referral and support</li> <li>Develop protocols for the school</li> <li>Implement the <i>Lifelines</i> suicide prevention curriculum for students</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Vermont Suicide Prevention Center</a></li> <li><a href="#">SPRC Listing - Umatter</a></li> </ul>
Working Minds: Suicide Prevention in the Workplace			
Training Objectives	Audiences	Training Format & Highlights	For More Information
<p><b>This program teaches people to do the following:</b></p> <ul style="list-style-type: none"> <li>Increase their awareness of suicide prevention</li> <li>Increase their capacity for dialogue and critical thinking about workplace mental health challenges</li> <li>Increase their ability to promote help-seeking and help-giving in the workplace</li> </ul>	<p><b>Who can be trained:</b> Workplace administrators and employees</p> <p><b>Who is helped:</b> Workplace employees</p>	<ul style="list-style-type: none"> <li>Developed by the Carson J. Spencer foundation, this 2-hour training describes the impact of mental illness on the workplace (e.g., lost workdays and reduced productivity)</li> <li>It creates space for discussion on workplace mental health challenges.</li> <li>It gives administrators and employees the skills and tools to participate in suicide prevention, including promoting seeking and giving help.</li> <li>An 8-hour training of trainers is available.</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Helen and Arthur E. Johnson Depression Center</a></li> <li><a href="#">SPRC Listing – Working Minds</a></li> </ul>