



FREE SUICIDE PREVENTION SMARTPHONE APPS

Available for iPhone and Android



The ASK (Ask About Suicide to Save a Life) App is designed to teach the warning signs and how to ask if someone is considering suicide.



The Suicide Safer Home App offers practical tips for concerned parents and caregivers for keeping families suicide safer.



The Hope Box App is an interactive tool for youth to collect and store messages and images of help and hope.



VIDEO TRAINING AND LESSON GUIDES

The Stories of Help and Hope video series contains inspirational videos and discussion guides featuring true stories of Texas high school, college students, active duty, veterans and their families. Stories of Help and Hope is a tool to increase community capacity to support young people and adults who are at risk of suicide and suicide attempts.

www.TexasSuicidePrevention.org/training/

MORE ONLINE RESOURCES

TexasSuicidePrevention.org offers the following resources:

- Suicide Prevention and Postvention Toolkits.
- Suicide Safer Schools Toolkit™.
- Information on State statutes related to suicide, suicide prevention, and bullying.
- Statewide and national resources.
- Training and education programs.

ONLINE TRAINING

ASK	ASK About Suicide to Save a Life is a best practice gatekeeper training that teaches how to identify suicide risk factors, protective factors, warning signs & appropriate referral strategies. We offer two online training options: view ASK videos for online certification or view videos along with backup materials. Available at: TexasSuicidePrevention.org.
CALM	Counseling on Access to Lethal Means (CALM). Access to lethal means can determine whether a person who is suicidal lives or dies. This course helps providers develop effective safety plans for people at risk of suicide. Available at: http://training.sprc.org/
AT RISK	Through its development partnership with Kognito Interactive, Texas offers limited free, At Risk online training options for school personnel at the university, high school and middle school levels. Licenses are limited (first come, first served) as long as grant provides, and fee-based after grant ends. Available at: www.kognito.com

IN PERSON TRAINING

ASK	ASK About Suicide to Save a Life. This is a best practice gatekeeper training 1-4 hour workshop that teaches how to identify suicide risk factors, protective factors, warning signs & appropriate referral strategies.
ASK TOT of Workshop Leaders	ASK About Suicide to Save A Life: Training of Workshop Leaders. This is an 8 hour intensive training of workshop leaders with pretraining review of study materials required. As a best practice based gatekeeper training, the workshop teaches how to identify suicide risk factors, protective factors, warning signs & appropriate referral strategies.
CALM and CALM for First Responders	Counseling on Access to Lethal Means (CALM) and Counseling on Access to Lethal Means (CALM) for First Responders. Developed by Elaine Frank and Mark Clocca, this is a 1.5 to 2 hour workshop designed to help participants implement counselling strategies to help people at risk for suicide and their families reduce access to lethal means, particularly (but not exclusively) firearms.
ASIST & safeTalk	Applied Suicide Intervention Skills Training (ASIST) is a two-day workshop that teaches participants to carry out life-saving interventions for people at risk of suicide. Also by Living Works, safeTALK is a half-day alertness training that prepares anyone over the age of 15, regardless of prior experience or training, to become a suicide-alert helper.
Mental Health First Aid	Mental Health First Aid is an 8-hour course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders and Youth Mental Health First Aid is an 8-hour program which introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, teaches early intervention, and trains individuals how to help an adolescent in crisis or in a mental health challenge. Other MHFA courses available for specialized audiences such as military/vets/families and older adults.
Suicide Safer Homes	Suicide Safer Homes is a 1-4 hour training program on how to make your home suicide safer. The training provides practical tips to reduce access to lethal means of suicide for individual and groups with high risk. Designed for families, first responders, health and mental professionals.
Suicide Safer Schools	Suicide Safer Schools 1-4 hour workshops include steps and tools for policy development, suicide prevention, suicide postvention, pathways to care and ways to engage and enhance community collaboration.
Postvention for Schools & Communities	Postvention Training for Schools & Communities is a 1.5 to 2 hour workshop. The training shares best practice information for after an attempt or death by suicide to help prevent more deaths. School postvention goals include: supporting the grieving process, preventing imitative suicides, identifying and referring at risk survivors, reducing identification with the victim, and re-establishing a healthy school and community climate.

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Online Training and Information:

www.TexasSuicidePrevention.org

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