

Suicide Alertness for Everyone (SafeTALK)

- \$11.00 per participant for interactive workbook

SafeTALK is a four-hour face-to-face workshop featuring powerful presentations, audiovisuals, and skills practice. At a LivingWorks safeTALK workshop, you'll learn how to prevent suicide by recognizing signs, engaging someone, and connecting them to an intervention resource for further support.

Applied Suicide Intervention Skills Training (ASIST)

- \$43.25 per participant for interactive workbook

ASIST is a two-day interactive workshop in suicide first aid. ASIST teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety.

ASK About Suicide to Save a Life (AS+K)

– Free

ASK about Suicide to Save a Life is a 4-hour workshop for adults who interact with youth or adults at risk for suicide. The program provides participants with an overview of the basic epidemiology of suicide and suicidal behavior, including risk and protective factors. Participants are trained to recognize warning signs—behaviors and characteristics that might indicate elevated risk for suicidal behavior—and how to intervene with a person they think might be at risk for suicide. Using role-playing, participants practice asking other participants about suicidal thoughts, feelings, and intentions.

Counseling on Access to lethal means (CALM)

– Free

Counseling on Access to Lethal Means is a 3- hour workshop designed to help providers implement strategies to put time and distance between someone at risk of suicide and lethal means. This workshop includes relevant information on suicide and the public health approach to suicide prevention.

Trauma Informed Care

– Free

Trauma Informed Care is an organizational structure and treatment framework training that involves understanding, recognizing, and responding to the effects of all types of trauma. TIC also emphasizes physical, psychological, and emotional safety for both consumers and providers, and helps survivors rebuild a sense of control and empowerment.

Psychological First Aid (PFA)

– Free

PFA is an evidence-informed modular approach for assisting people in the immediate aftermath of disaster and terrorism to reduce initial distress and to foster short and long-term adaptive functioning. It was used by non-mental health experts, such as responders and volunteers during the aftermath of Hurricane Harvey.

Skills for Psychological Recovery (SPR)

– Free

SPR is an intervention that aims to help survivors gain skills to manage distress and cope with post-disaster stress and adversity. SPR is not considered a formal mental health treatment but does utilize skills-building components from mental health treatments that have been found helpful in a variety of post-trauma situations. SPR is appropriate for developmental levels across the lifespan and is culturally informed.