



**Suicide Prevention Education  
Program Catalog 2026**

Broome County, New York



## **Why a Resource Guide for Suicide Prevention Training is Critical**

Suicide is a critical public health problem; however, suicides are preventable with timely, evidence-based and often low-cost interventions (WHO, 2021). More than 50% of Americans have been affected by suicide in some way, and it continues to impact all age groups from children to older adults. According to the American Foundation for Suicide Prevention (AFSP), suicide is the 12th leading cause of death in the United States, and the 3rd leading cause of death for youth between the ages 10-19. With the advent of COVID-19 and its impact on work, food scarcity, and disruption to family dynamics; coupled with the universal impact on mental health, experts predict the number of affected individuals will continue to rise in the coming years. Yet, despite such grim statistics, **THERE IS HOPE**. In fact, according to a nationwide study, 94% of adults in the U.S. think suicide can be prevented (AFSP, 2024).

Both risk and protective factors exist for suicide. In assessing the possibility of suicide, it is pertinent to look at both risk factors (aspects that can increase the potential of risk for suicide) as well as protective factors (those aspects that may help to reduce the risk for suicide). Risk factors include feelings of anxiety, depression, hopelessness, lack of coping and problem-solving skills, stress, and identifying as lesbian, gay, bisexual, transgender, or queer (LGBTQ) (Jacobs, 2006). Depression, anxiety, and hopelessness are correlated with difficulty concentrating, social isolation, decreased academic performance, and sleeping and eating disturbances (John Hopkins University, 2013). Protective factors contribute to a decreased risk of suicide and include effective mental health resources, feelings of connectedness to individuals, family, community, and networks, quality problem-solving skills, and open communication with parents and caregivers (Suicide Prevention Resource Center [SPRC]). School settings provide a unique platform to increase protective factors by advocating for the mental and emotional health of students, specifically suicide awareness. However, many students and teachers have not received adequate mental health training (Jacobs 2006); thus, there is a need to incorporate mental health activities, particularly focusing on suicide prevention, into the school setting. In addition to school settings, families play a huge role as a protective factor in suicide prevention. The need for family training, intervention, and capacity building has never been greater than now. Community partners can help enhance protective factors in both school and family settings.

**Suicide is preventable** and we must all play our part in creating healthy and strong individuals, families, and communities (CDC 2021). One way that we can do that is to increase public awareness by providing education on suicide, and to simultaneously work to reduce the stigma surrounding mental health and suicide. BC SAFE is dedicated to achieving that goal. As a local suicide prevention coalition, our mission is to reduce the number of suicides and suicide attempts in our community. To achieve this, our coalition members have constructed this repository of workshops and suicide prevention resources for your reference and use. As always, if you or someone you know are in crisis, please call or text the 988 Suicide and Crisis Lifeline at 988. Resources are available 24/7/365.

**In Hope - BC SAFE Coalition**



# Training Directory

<b>Trainings to Support Students &amp; Young Adults</b>	<b>4</b>
• <b>Youth: Ages 5-11 (Grades K-5)</b>	<b>4</b>
• <b>Adolescents &amp; Teens: Ages 12-18 (Grades 6-12)</b>	<b>4</b>
• <b>Young Adults &amp; College Students: Ages 18+</b>	<b>5</b>
<b>Trainings to Support Parents and Families</b>	<b>6</b>
<b>Trainings to Support Adults &amp; Professionals</b>	<b>7</b>
<b>Trainings to Support Specific Vocations</b>	<b>9</b>
• <b>Education Professionals</b>	<b>9</b>
• <b>First Responders (Public Safety, Law Enforcement, Fire &amp; EMS Professionals)</b>	<b>11</b>
• <b>Veterans</b>	<b>13</b>
• <b>Clinicians &amp; Health Care Workers</b>	<b>13</b>
<b>Postvention – Supporting those who have lost someone to suicide</b>	<b>15</b>
<b>Suicide Prevention Resources</b>	<b>16</b>
<b>Request More Information or Training</b>	<b>18</b>

## Trainings to Support Students & Young Adults

- **Youth: Ages 5-11 (Grades K-5)**

Agency	Training Title & Description	Cost	Format	Training Contact
United Way of Connecticut	<b>Gizmo's Pawesome Guide to Mental Health:</b> Host a 30–40-minute read-along for children 5-11 and their trusted adults. Topics cover mental health and social emotional learning, development, and social connectedness. Click <a href="#">HERE</a> to listen to this five-minute story about Connecticut's effort to create and implement an upstream suicide prevention curriculum in elementary schools.	N/A	Virtual or In-Person	<a href="#">BC SAFE</a>

- **Adolescents & Teens: Ages 12-18 (Grades 6-12)**

Agency	Training Title & Description	Cost	Format	Training Contact
American Foundation for Suicide Prevention (AFSP)	<b>It's Real: Teens and Mental Health:</b> It's Real: Teens and Mental Health is a 45-minute program that 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. Middle School & High School modules.	N/A	Virtual or in-person	<a href="#">BC SAFE</a>
American Foundation for Suicide Prevention (AFSP)	<b>It's Real: College Students and Mental Health</b> is a 45–60-minute training intended for college students and high school seniors.	N/A	Virtual or in-person	<a href="#">BC SAFE</a>
LivingWorks	<b>START:</b> LivingWorks START is an evidence-based training that is self-paced, fee-based training and appropriate for Ages 13+. LivingWorks Start teaches trainees to be “safety starters,” giving them the ability to recognize when someone is thinking about suicide and connect them to help and support.	Yes	Virtual	<a href="#">BC SAFE</a>
LivingWorks	<b>Suicide Alertness for Everyone - Tell Ask Listen KeepSafe (safeTALK):</b> LivingWorks safeTALK is a 4-hour alertness training that prepares anyone 15 or older, regardless of prior experience or training, to recognize warning signs, effectively communicate with individuals who are thinking about suicide, and connect them with life-saving intervention resources. Three contact hours are	Yes	In-Person	<a href="#">SPCNY-Training Options</a> <a href="#">LivingWorks</a>

	available for Social Workers, Licensed Mental Health Counselors, and Credentialed Alcohol and Substance Abuse Counselors (CASACs).			
<b>teen Mental Health First Aid (tMHFA)</b>	<b>teen Mental Health First Aid (tMHFA):</b> teaches teens in grades 9-12, or ages 14-18, how to identify, understand and respond to signs of mental health and substance use challenges among their friends and peers.	N/A	Virtual or in-person	<u>MHANYS-SM</u> <u>HRTC</u>  <u>BC SAFE</u>

- **Young Adults & College Students: Ages 18+**

Agency	Training Title & Description	Cost	Format	Training Contact
<b>American Foundation for Suicide Prevention (AFSP)</b>	<b>Talk Saves Lives - An Introduction to Suicide Prevention:</b> Talk Saves Lives is a 45–60 minute suicide prevention training that introduces the public to warning signs, risk factors, and practical ways to help keep themselves and others safe. Updated in 2024, the program features a more inclusive design and expanded guidance on how to have conversations about suicide. The training can be tailored for specific audiences and is available in person or virtually.	N/A	Virtual or in-person	<u>BC SAFE</u>
<b>American Foundation for Suicide Prevention (AFSP)</b>	<b>It's Real - College Students and Mental Health:</b> It's Real - College Students and Mental Health is a 45–60-minute training intended for college students and high school seniors. <a href="https://afsp.org/itsreal/">https://afsp.org/itsreal/</a>	N/A	Virtual or in-person	<u>BC SAFE</u>
<b>LivingWorks</b>	<b>START :</b> LivingWorks START is an evidence-based training that is self-paced, fee-based training and appropriate for Ages 13+. LivingWorks Start teaches trainees to be “safety starters,” giving them the ability to recognize when someone is thinking about suicide and connect them to help and support.	Yes	Virtual	<u>LivingWorks</u>
<b>LivingWorks</b>	<b>Suicide Alertness for Everyone - Tell Ask Listen KeepSafe (safeTALK):</b> LivingWorks safeTALK is a 3-hour alertness training that prepares anyone 15 or older, regardless of prior experience or training, to recognize warning signs, effectively communicate with individuals who are thinking about suicide, and connect them with life-saving intervention resources. Three contact hours are available for Social Workers, Licensed Mental Health Counselors, and Credentialed Alcohol and Substance Abuse Counselors (CASACs).	Yes	In-Person	<u>SPCNY-Training Options</u>  <u>LivingWorks</u>

## Trainings to Support Parents and Families

Agency	Training Title & Description	Cost	Format	Training Contact
American Foundation for Suicide Prevention (AFSP)	<b>More Than Sad for Parents</b> a 90-minute program that teaches parents how to recognize signs of depression and other mental health problems; initiate a conversation about mental health with their child; and get help. This program focuses on parents and guardians of teen youth.	N/A	Virtual or In-Person	<a href="#">BC SAFE</a>
American Foundation for Suicide Prevention (AFSP)	<b>More Than Sad: Suicide Prevention Education for Teachers and Other School Personnel</b> is a 120-minute program that teaches educators to recognize signs of mental health distress in students and refer them for help. This program focuses on high school teachers and other school personnel. It is evidence based and meets the state requirement for staff training.	N/A	Virtual or In-person	<a href="#">BC SAFE</a>
American Foundation for Suicide Prevention (AFSP)	<b>Talk Saves Lives: An Introduction to Suicide Prevention:</b> Talk Saves Lives is a 45–60 minute suicide prevention training that introduces the public to warning signs, risk factors, and practical ways to help keep themselves and others safe. Updated in 2024, the program features a more inclusive design and expanded guidance on how to have conversations about suicide. The training can be tailored for specific audiences and is available in person or virtually.	N/A	Virtual or in-person	<a href="#">BC SAFE</a>
American Foundation for Suicide Prevention (AFSP)	<b>It's Real - College Students and Mental Health:</b> It's Real - College Students and Mental Health is a 45–60-minute training intended for college students and high school seniors.	N/A	Virtual or In-Person	<a href="#">BC SAFE</a>
LivingWorks	<b>START:</b> LivingWorks START is an evidence-based training that is self-paced, fee-based training and appropriate for Ages 13+. LivingWorks Start teaches trainees to be “safety starters,” giving them the ability to recognize when someone is thinking about suicide and connect them to help and support.	Yes	Virtual	<a href="#">LivingWorks</a>
LivingWorks	<b>Suicide Alertness for Everyone - Tell Ask Listen KeepSafe (safeTALK):</b> LivingWorks safeTALK is a 3-hour alertness training that prepares anyone 15 or older, regardless of prior experience or training, to recognize warning signs, effectively communicate with individuals who are thinking about suicide, and connect them with life-saving intervention resources. Three contact hours are available for Social Workers, Licensed Mental Health Counselors, and Credentialed Alcohol and Substance Abuse Counselors (CASACs).	Yes	In-Person	<a href="#">SPCNY-Training Options</a> <a href="#">LivingWorks</a>

QPR Institute	<p><b>QPR (Question, Persuade, Refer):</b> QPR is a one-hour training that instructs participants to recognize the signs of a suicidal crisis and how to question, persuade, and refer someone to help. Similar to CPR, an emergency medical Participants will learn:</p> <ul style="list-style-type: none"> <li>• Warning signs of suicide</li> <li>• How to ask someone if they are thinking about suicide</li> <li>• How to listen and refer someone for help</li> <li>• About available resources and professional help connections for referrals</li> </ul>	Yes	Virtual or in-person	<a href="#">SPCNY-Training Options</a>  <a href="#">BC SAFE</a>
---------------	--	-----	----------------------	---

## Trainings to Support Adults & Professionals

Agency	Training Title & Description	Cost	Format	Training Contact
American Foundation for Suicide Prevention (AFSP)	<p><b>Talk Saves Lives: An Introduction to Suicide Prevention:</b> Talk Saves Lives is a 45–60 minute suicide prevention training that introduces the public to warning signs, risk factors, and practical ways to help keep themselves and others safe. Updated in 2024, the program features a more inclusive design and expanded guidance on how to have conversations about suicide. The training can be tailored for specific audiences and is available in person or virtually.</p>	N/A	Virtual or in-person	<a href="#">BC SAFE</a>
American Foundation for Suicide Prevention (AFSP)	<p><b>Finding Hope: Guidance for Supporting Those at Risk:</b> is a 75 Min presentation that provides in-depth, practical information for those supporting someone with lived experience. This program offers education and resources on the process of recovery after a suicidal crisis, warning signs to look out for, planning for safety, and crisis response.</p>	N/A	Virtual or in-person	<a href="#">BC SAFE</a>
LivingWorks	<p><b>START :</b> LivingWorks START is an evidence-based training that is self-paced, fee-based training and appropriate for Ages 13+. LivingWorks Start teaches trainees to be “safety starters,” giving them the ability to recognize when someone is thinking about suicide and connect them to help and support.</p>	Yes	Virtual	<a href="#">LivingWorks</a>

LivingWorks	<b><u>Suicide Alertness for Everyone - Tell Ask Listen KeepSafe (safeTALK):</u></b> LivingWorks safeTALK is a 3-hour alertness training that prepares anyone 15 or older, regardless of prior experience or training, to recognize warning signs, effectively communicate with individuals who are thinking about suicide, and connect them with life-saving intervention resources. Three contact hours are available for Social Workers, Licensed Mental Health Counselors, and Credentialed Alcohol and Substance Abuse Counselors (CASACs).	May Vary	In-Person	<a href="#">SPCNY-Training Options</a> <a href="#">LivingWorks</a>
LivingWorks	<b><u>Applied Suicide Intervention Skills Training (ASIST):</u></b> LivingWorks ASIST is a two-day, in-person practice-dominated course to help caregivers learn to recognize and review risk, and to intervene to prevent imminent risk of suicide. Fee-based.	Yes	In-Person	<a href="#">SPCNY-Training Options</a> <a href="#">LivingWorks</a>
National Council for Mental Wellbeing	<b><u>Adult Mental Health First Aid (MHFA):</u></b> MHFA for Adults is a 1-day certification course that teaches participants how to recognize signs of mental health or substance use challenges in adults ages 18 and older, how to offer and provide initial help, and how to guide a person toward appropriate care if necessary. Topics covered include anxiety, depression, psychosis, and addictions. To learn more, download the <a href="#">Mental Health First Aid for Adults one-pager</a> . Cost may vary.	Yes	Virtual, In-Person & Hybrid	<a href="#">BC SAFE</a>
National Council for Mental Wellbeing	<b><u>Youth Mental Health First Aid (YMHFA):</u></b> Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders. To learn more, download the <a href="#">Mental Health First Aid for Youth one-pager</a> .	May Vary	Virtual, In-Person & Hybrid	<a href="#">BC SAFE</a> <a href="#">MHANYS-SM</a> <a href="#">HRTC</a>
QPR Institute	<b><u>QPR (Question, Persuade, Refer):</u></b> QPR is a one-hour training that instructs participants to recognize the signs of a suicidal crisis and how to question, persuade, and refer someone to help. Similar to CPR, an emergency medical Participants will learn: <ul style="list-style-type: none"> <li>● Warning signs of suicide</li> <li>● How to ask someone if they are thinking about suicide</li> <li>● How to listen and refer someone for help</li> </ul>	Yes	Virtual or in-person	<a href="#">SPCNY-Training Options</a> <a href="#">BC SAFE</a>

	<ul style="list-style-type: none"> <li>• About available resources and professional help connections for referrals Link:<a href="https://qprinstitute.com/">https://qprinstitute.com/</a></li> </ul>			
<b>QPR Institute</b>	<p><b><u>QPR (Question, Persuade, Refer) for Athletes:</u></b> This course is designed to provide those who work with athletes' knowledge and skills, including mental health and suicidal behaviors and how to intervene to reduce risk and enhance safety, that can be used to protect athletes from suicidal self-directed violence. Duration of this training is 1+ hours in total of 4 lessons</p>	Yes	online	<a href="#">QPR Institute</a>

## Trainings to Support Specific Vocations

- **Education Professionals**

Agency	Training Title & Description	Cost	Format	Training Contact
United Way of Connecticut	<p><b><u>Gizmo's Pawesome Guide to Mental Health:</u></b> Host a 30–40-minute read-along for children 5-11 and their trusted adults. Topics cover mental health and social emotional learning, development, and social connectedness. Click <a href="#">HERE</a> to listen to this five-minute story about Connecticut's effort to create and implement an upstream suicide prevention curriculum in elementary schools.</p>	N/A	Virtual or in-person	<a href="#">BC SAFE</a>
National Council for Mental Wellbeing	<p><b><u>Youth Mental Health First Aid (YMHFA):</u></b> Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders. To learn more, download the <a href="#">Mental Health First Aid for Youth one-pager</a>.</p>	Dependent on Trainer	Virtual, In-Person & Hybrid	<a href="#">BC SAFE</a> <a href="#">MHANYS-S</a> <a href="#">MHRTC</a> <a href="#">BT BOCES</a>
QPR Institute	<p><b><u>QPR (Question, Persuade, Refer):</u></b> QPR is a one-hour training that instructs participants to recognize the signs of a suicidal crisis and how to question, persuade, and refer someone to help. Similar to CPR, an emergency medical Participants will learn:</p> <ul style="list-style-type: none"> <li>• Warning signs of suicide</li> </ul>	Yes	Virtual or in-person	<a href="#">SPCNY-Training Options</a> <a href="#">BC SAFE</a>

	<ul style="list-style-type: none"> <li>• How to ask someone if they are thinking about suicide</li> <li>• How to listen and refer someone for help</li> <li>• About available resources and professional help connections for referrals</li> </ul>			
<b>American Foundation for Suicide Prevention (AFSP)</b>	<b>Talk Saves Lives: An Introduction to Suicide Prevention:</b> Talk Saves Lives is a 45–60 minute suicide prevention training that introduces the public to warning signs, risk factors, and practical ways to help keep themselves and others safe. Updated in 2024, the program features a more inclusive design and expanded guidance on how to have conversations about suicide. The training can be tailored for specific audiences and is available in person or virtually.	N/A	Virtual or in-person	<a href="#">BC SAFE</a>
<b>LivingWorks</b>	<b>START :</b> LivingWorks START is an evidence-based training that is self-paced, fee-based training and appropriate for Ages 13+. LivingWorks Start teaches trainees to be “safety starters,” giving them the ability to recognize when someone is thinking about suicide and connect them to help and support.	Yes	Virtual	<a href="#">LivingWorks</a>
<b>LivingWorks</b>	<b>Suicide Alertness for Everyone - Tell Ask Listen KeepSafe (safeTALK):</b> LivingWorks safeTALK is a 3-hour alertness training that prepares anyone 15 or older, regardless of prior experience or training, to recognize warning signs, effectively communicate with individuals who are thinking about suicide, and connect them with life-saving intervention resources. Three contact hours are available for Social Workers, Licensed Mental Health Counselors, and Credentialed Alcohol and Substance Abuse Counselors (CASACs).	NO/ YES	In-Person	<a href="#">SPCNY-Training Options</a> <a href="#">LivingWorks</a>
<b>LivingWorks</b>	<b>Applied Suicide Intervention Skills Training (ASIST):</b> LivingWorks ASIST is a two-day, in-person practice-dominated course to help caregivers learn to recognize and review risk, and to intervene to prevent imminent risk of suicide. Fee-based.	Yes	In-Person	<a href="#">SPCNY-Training Options</a> <a href="#">LivingWorks</a>
<b>Suicide Prevention Center of New York (SPCNY)</b>	<b>Creating Suicide Safety in School</b> This full day (six hours) workshop is designed to assist school administrators, school-based mental health and health professionals, school safety staff, and school counselors with planning suicide prevention activities. Sometimes board members, teachers, and parents attend; it is ideal to include members of the school community who are vested in assessing current prevention and response readiness and providing recommendations for improvements. Implementation teams come together to spend the day learning about suicide and best practices in prevention. Small and large group discussions	N/A	Virtual or in-person	<a href="#">BC SAFE</a> <a href="#">BT BOCES</a>

	facilitate the development of a customized action plan.			
<b>Suicide Prevention Center of New York (SPCNY)</b>	<b>Suicide Safety for Teachers and School Staff (SST)</b> is a 60- 90-minute suicide awareness and prevention training designed to meet the basic needs of school administration, faculty, and staff. The course focuses on recognizing warning signs, the referral process in place at school, and making a warm handoff.	N/A	Virtual or in-person	<u>BC SAFE</u> BT BOCES
<b>Suicide Prevention Center of New York (SPCNY)</b>	<b>Helping Students at Risk for Suicide (HSAR)</b> is a 1-day workshop for school staff that incorporates the process of assessing, intervening, safety planning, and following up when there is concern that a student may be at-risk for suicide. This training is suitable for school-based health, mental health, pupil services, school safety professionals and administrators, as well as special education, and pupil services administrators. HSAR training goals include: 1) to improve the competence and confidence of school-based professionals to intervene when suicide risk is identified; and 2) to assist school leaders with developing standardized policies and procedures to support best practices in suicide intervention.	N/A	Virtual or in-person	<u>BC SAFE</u> BT BOCES
<b>Suicide Prevention Center of New York (SPCNY)</b>	<b>Invisible Mentoring</b> An informal yet powerful approach where a student is intentionally connected with a trusted adult in the school. The student is unaware they've been designated as a mentee, which makes the support feel natural and authentic. The focus is on connection-building — ensuring students feel seen, recognized, and supported in their school environment, strengthening a student's sense of belonging. For 3 to 4 member school team. Training is a 3-hour facilitator training	N/A	Virtual or in-person	<u>BC SAFE</u> BT BOCES

- **First Responders (Public Safety, Law Enforcement, Fire & EMS Professionals)**

Agency	Training Title & Description	Cost	Format	Training Contact
National Council for Mental Wellbeing	<b>Mental Health First Aid (MHFA) for Public Safety</b> is a 1-day certification course that provides law enforcement officers/administrators and public safety professionals with more response options to help them de-escalate incidents and better understand mental illnesses so they can respond to mental health-related situations appropriately without compromising safety. Cost may vary.	Yes	In-Person Virtual or Blended (2 hour self-paced online then half-day in person/Virtual).	<u>MHFA - Public Safety</u>
National Council for Mental Wellbeing	<b>Mental Health First Aid (MHFA) for Corrections</b> is a 1-day certification course that equips corrections professionals with the knowledge and skills to identify, understand and respond to mental health and substance use challenges in their peers. By providing the necessary support and resources, correctional facilities can help staff members cope with the challenges they face, reduce burnout and promote a positive work environment that ultimately benefits both staff and the individuals they serve. To learn more, download the <a href="#">Mental Health First Aid for Corrections one-pager</a> . Cost may vary.	Yes	In-Person or Blended (2 hour self-paced online then half-day in person/virtual).	<u>MHFA- Corrections</u>
National Council for Mental Wellbeing	<b>Mental Health First Aid (MHFA) for Fire/EMS</b> is a 1-day certification course that focuses on the unique experiences and needs of firefighters and emergency medical services (EMS) personnel and is a valuable resource that can make a difference in their lives and in the communities in which they live. Firefighters and EMS workers learn about the importance of early intervention and how, as first responders, they can intervene in the field and provide direct assistance to someone who is experiencing a mental health challenge or crisis. To learn more, download the <a href="#">Mental Health First Aid for Fire and EMS one-pager</a> . Cost may vary.	Yes	In-Person or Blended (2 hour self-paced online then half-day in person/virtual).	<u>MHFA-Fire/EMS</u>

<b>QPR Institute</b>	<b><a href="#">QPR (Question, Persuade, Refer) for Law Enforcement</a></b> is a fee-based, self-paced course designed to address law enforcement's shared mission to help others, including those at risk for suicide. This course provides basic "gatekeeper" and intervention skills for law enforcement professionals.	Yes	Virtual	<a href="#">QPR Institute</a>
<b>QPR Institute</b>	<b><a href="#">QPR (Question, Persuade, Refer) for Corrections</a></b> is a fee-based, self-paced course designed to teach corrections professionals how to mitigate the risk of suicide attempts both in and out of correctional facilities.	Yes	Virtual	<a href="#">QPR Institute</a>
<b>QPR Institute</b>	<b><a href="#">QPR (Question, Persuade, Refer) for Firefighters &amp; EMS</a></b> is a fee-based, self-paced course addresses the knowledge and skills first responders need to deal effectively with suicidal people, family members of the deceased by suicide, and to look after the health and safety of their colleagues and co-workers.	Yes	Virtual	<a href="#">QPR Institute</a>
<b>CIT (Crisis Intervention Team) International</b>	<b><a href="#">The Crisis Intervention Team (CIT) program</a></b> is a 40-hour course offered to active law enforcement professionals only. CIT is an innovative first-responder model of police-based crisis intervention training to help persons with mental disorders and/or addictions access medical treatment rather than place them in the criminal justice system due to illness-related behaviors. It also promotes officer safety and the safety of the individual in crisis.	Yes	In-Person	<a href="#">BC SAFE</a>
<b>Post-Critical Incident Seminar (PCIS)</b>	<b><a href="#">Post-Critical Incident Seminar (PCIS)</a></b> is a 3-day seminar offered by New York Law Enforcement Assistance Program (NYLEAP) to assist first responders that have endured adverse effects in their everyday lives as a result of being involved in on-duty critical incidents, exposed to cumulative career stress, and/or who have experienced traumatic life events unrelated to their law enforcement career. This is a peer-based program, where peer-to-peer assistance is accompanied by clinical staff to assist the participant in finding healthy ways to cope with stress and manage post-traumatic stress disorder (PTSD).	N/A	In-Person	<a href="#">NYLEAP</a>

- Veterans**

Agency	Training Title & Description	Cost	Format	Training Contact
--------	------------------------------	------	--------	------------------

Department of Veterans Affairs	<b>VA S.A.V.E.</b> is a course that will help you act with care and compassion if you come across a Veteran who is in crisis or having thoughts of suicide. The acronym <b>S.A.V.E</b> helps you remember the important steps involved in suicide prevention: <b>Spot</b> the <b>signs</b> that indicate a Veteran might be thinking about suicide, <b>Ask</b> the critical question – “Are you thinking of killing yourself?”, <b>Validate</b> the Veteran’s experience, and <b>Encourage</b> and support next steps with the Veteran.	N/A	Virtual or in-person	<u>BC SAFE</u>
National Council for Mental Wellbeing	<b>Mental Health First Aid (MHFA) for Military, Veterans, and Their Families</b> is an evidence-based and early intervention training program developed for adults to learn how to assist and support members of their community who may be experiencing a mental health or substance use challenge. This training specifically addresses the relevance of mental health to military culture, information on risk factors such as mental and physical trauma faced by many service members and their families, how to break down stigma, and how to reach out to those who suffer in silence and are reluctant to seek help. The informational one-pager for the training can be found at <a href="https://www.mentalhealthfirstaid.org/MHFA_Military_Veterans_Families_Flyer.pdf">MHFA_Military_Veterans_Families_Flyer.pdf</a> (mentalhealthfirstaid.org)	Yes	In-Person	<u>BC SAFE</u>
Syracuse VA Medical Center	<b>Identifying Service Members, Veterans, and Their Families (SMVF)</b> is a training on how to identify Service Members, Veterans, and their Families (SMVF) in our communities or “Screening for service status”. The training includes information on why we want to identify SMVF, who can help to identify SMVF, and how to screen. Furthermore, it provides additional information on if the individual says yes, how to screen for military health history and connect them with resources as needed.	No	Virtual or in-person	<a href="#"><u>Tredway, Kaitlynn</u></a> <a href="#"><u>Alyssa Femia</u></a> Community Engagement & Partnership Coordinators: Syracuse VA Medical Center

- **Clinicians & Health Care Workers**

Agency	Training Title & Description	Cost	Format	Training Contact
Zero Suicide	<b>Zero Suicide Care Training Options:</b> The Zero Suicide framework recommends that all employees, clinical and non-clinical, receive suicide prevention training appropriate to their role. Implementation teams are encouraged to use the <a href="#"><u>Zero Suicide Workforce Survey</u></a> to assess the needs of their staff as a first step.	Yes	Varies	<u>Zero Suicide</u>

QPR Institute	<a href="#"><b>QPR (Question, Persuade, Refer) for Primary Care Providers (Physicians, Physician Assistants, and Nurse Practitioners)</b></a> is a fee-based, self-paced course that targets patient safety, teaches a suicide screening tool, a best practice rapid assessment protocol, and updates emerging practice standards.	Yes	Virtual	<a href="#">QPR Institute</a>
QPR Institute	<a href="#"><b>QPR (Question, Persuade, Refer) for Pharmacists:</b></a> The QPR for Pharmacists is designed to teach pharmacists how to recognize people in crisis, identify suicide warning signs (including acute suicide risk symptoms), how to screen for suicide, and how to apply the mental health equivalent of CPR to someone who at elevated risk of suicide. It is an expanded version of the basic 90-minute QPR training program taught to millions worldwide. Requiring 4+ hours and includes how to recognize and respond to suicide warning signs as they may be observed in your work setting, and how to support someone you find is positive for suicidal ideation. More, you will learn to identify and arrange an expert referral for evidence-based, suicide-specific treatment to enhance patient safety.	Yes	online	<a href="#">QPR Institute</a>

- **At-WORK**

Agency	Training Title & Description	Cost	Format	Training Contact
Zero Suicide	<a href="#"><b>Zero Suicide Care Training Options:</b></a> The Zero Suicide framework recommends that all employees, clinical and non-clinical, receive suicide prevention training appropriate to their role. Implementation teams are encouraged to use the <a href="#">Zero Suicide Workforce Survey</a> to assess the needs of their staff as a first step.	Yes	Varies	<a href="#">Zero Suicide</a>
QPR Institute	<a href="#"><b>QPR (Question, Persuade, Refer) for Primary Care Providers (Physicians, Physician Assistants, and Nurse Practitioners)</b></a> is a fee-based, self-paced course that targets patient safety, teaches a suicide screening tool, a best practice rapid assessment protocol, and updates emerging practice standards.	Yes	Virtual	<a href="#">QPR Institute</a>
National Council for Mental Wellbeing	<a href="#"><b>Mental Health First Aid (MHFA)</b></a> teaches you how to assist and support others who may be experiencing a mental health or substance use challenge. It is available virtually and in-person and uses community-specific scenarios, activities and videos to teach the skills needed to recognize and respond to signs and symptoms of mental health and substance use challenges as well as how to provide initial support until they are connected with appropriate professional help.	Varies	Both	<a href="#">BC SAFE</a> <a href="#">National Council for Mental Wellbeing</a>

## Postvention – Supporting those who have lost someone to suicide.

Agency	Training Title & Description	Cost	Format	Training Contact
American Foundation for Suicide Prevention (AFSP)	<b><u>After a Suicide: A Toolkit for Schools</u></b> If your school has lost someone to suicide, this toolkit offers best practices and practical tools to help schools in the aftermath of a suicide. In collaboration with the Suicide Prevention Resource Center, AFSP offers After a Suicide: A Toolkit for Schools to help schools respond in the aftermath of a suicide death. This newly revised resource (2018) provides information for school administrators and other school staff who wish to implement a coordinated response to the suicide. The toolkit provides information on how best to communicate and support the school community and manage the crisis response. Also found in the toolkit is information on helping students cope, communicating with parents, working with the community, and engaging external resources for support.	No	Toolkit	<a href="#">BC SAFE</a>
American Foundation for Suicide Prevention (AFSP)	<b><u>After a Suicide for Workplaces Toolkit:</u></b> This toolkit is designed to assist workplaces in responding immediately after a suicide and to promote long-term healing. It includes guidance on communication, support strategies, and organizational response to help leaders and staff navigate loss, support grieving employees, and foster resilience in the workplace.	No	Toolkit	AFSP
American Foundation for Suicide Prevention (AFSP)	<b><u>Surviving a Suicide Loss - Resource and Healing Guide:</u></b> AFSP's <i>Resource and Healing Guide</i> provides information about coping with loss, the survivor loss community, and resources to help with your journey.	No	PDF	<a href="#">AFSP</a>

Agency	Training Title & Description	Cost	Format	Training Contact
American Foundation for Suicide Prevention (AFSP)	<b>Healing Conversations:</b> Healing Conversations is a one-time visit (phone, virtual, in-person) that connects those who have lost a loved one to suicide with trained volunteers who are also survivors of suicide loss. The goal of this connection is to help recent survivors navigate this challenging journey by offering support, connection and resources.	No	Online request	<a href="http://Afsp.org/healingconversations">Afsp.org/healingconversations</a>

## Suicide Prevention Resources

<b>BC SAFE Emergency &amp; Community Resources for Broome County, NY</b>	<u><a href="#">Click to Access Resources</a></u>
<b><u>988 Suicide and Crisis Lifeline</u></b> We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.	<b>Call/Text: 988</b> <b>Chat:</b> <a href="https://suicidepreventionlifeline.org/chat/">https://suicidepreventionlifeline.org/chat/</a>
<b><u>Crisis Text Line</u></b> Free 24/7 support at your fingertips	<b>Text:</b> Got5 to 741741
<b><u>The Trevor Project</u></b> If you are thinking about harming yourself — get immediate crisis support. Connect to a crisis counselor, understand the challenges LGBTQ+ young people face, 24/7- 365 days a year, from anywhere in the U.S via text, chat, or phone. The Trevor Project is 100% confidential and 100% free.	<b>Call:</b> 1-866-488-7386 <b>Text:</b> START to 678-678 <b>Chat:</b> <a href="https://chat.trvr.org/">https://chat.trvr.org/</a>
<b><u>Veterans Crisis Line</u></b>	<b>Call:</b> 988 Press 1 <b>Text:</b> 838255 <b>Chat:</b> <a href="https://www.veteranscrisisline.net/get-help-now/chat/">https://www.veteranscrisisline.net/get-help-now/chat/</a>
<b><u>United Health Services - CPEP (Crisis Psychiatric Emergency Program)</u></b> is a local psychiatric emergency room providing 24/7 mental health crisis services.	<b>Call:</b> 1-607-762-2302 1-800-451-0560

**MHAST Warmline** a confidential, free phone service that offers mental health support to individuals who may be struggling but are not in immediate crisis. The MHAST Warm Line is available 24/7 and is answered by NYS Certified Peer Specialists who provide a listening ear, encouragement, and connection to community resources.

**Call:** 607-240-7291

#### **Helpful Links -**

- [American Foundation for Suicide Prevention \(AFSP\) - risk factors & warning signs](#)
- [AFSP- Teens & Suicide: what parents should know](#)
- [AFSP-Loss and Healing Resources](#)
- [The Dougy Center for Grieving Children and Families](#)
- [Suicide Prevention Center of NY \(SPCNY\)](#)
- [KeepitSecure.net <https://www.va.gov/reach/lethal-means>](#)
- [Worriedaboutaveteran.org <https://worriedaboutaveteran.org>](#)
- [<https://www.mirecc.va.gov/visn19/postvention/>](#)
- [<https://www.taps.org/suicidepostvention>](#)
- [National Institute of Mental Health \(NIMH\) - Suicide Prevention](#)
- [Suicide Prevention Resource Center](#)

## [Click to Request more information or Training](#)

### References

Centers for Disease Control and Prevention. (2014). Youth Risk Behavior Surveillance – United States 2013. Morbidity and Mortality Weekly Report, 63(4). Retrieved from <https://www.cdc.gov/mmwr/pdf/ss/ss6304.pdf>

Centers for Disease Control and Prevention. (2015a). Suicide prevention. Retrieved from [https://www.cdc.gov/ViolencePrevention/suicide/youth\\_suicide.html](https://www.cdc.gov/ViolencePrevention/suicide/youth_suicide.html)

Centers for Disease Control and Prevention. (2015b). Trends in the prevention of suicide – Related behavior national YRBS: 1991-2015. Retrieved from [https://www.cdc.gov/healthyyouth/data/yrbs/pdf/trends/2015\\_us\\_suicide\\_trend\\_yrbs.pdf](https://www.cdc.gov/healthyyouth/data/yrbs/pdf/trends/2015_us_suicide_trend_yrbs.pdf)

Centers for Disease Control and Prevention, National Center for Injury Prevention and Control. Web-based Injury Statistics Query and Reporting System (WISQARS) [online]. (February 2020). Retrieved from [www.cdc.gov/injury/wisqars](https://www.cdc.gov/injury/wisqars)

Jacobs, B. (2006). Suicide prevention and intervention in schools. Retrieved from <https://www.schoolcounselor.org/asca/media/asca/Resource%20Center/SuicideSuicide%20Prevention/Sample%20Documents/suicideprevention.pdf>

John Hopkins University. (2013). Depression, anxiety, and emotional distress. Retrieved from [http://jhsap.org/self-help\\_resources/depression\\_anxiety\\_emotional\\_distress/](http://jhsap.org/self-help_resources/depression_anxiety_emotional_distress/)

Peyre, H., Hoertel, N., Stordeur, C., Lebeau, G., Blanco, C., McMahon, K., Basmaci, R., Lemogne, C., Limosin, F., & Delorme, R. (2017). Contributing factors and mental health outcomes of first suicide attempt during childhood and adolescents: Results from a nationally representative study. *The Journal of Clinical Psychiatry*. doi: 10.4088/JCP.16m10876

Suicide Prevention Resource Center, & Rodgers, P. (2011). Understanding risk and protective factors for suicide: A primer for preventing suicide. Retrieved from <http://www.sprc.org/sites/default/files/migrate/library/RiskProtectiveFactorsPrimer.pdf>

Spark, T., Wright-Kelly, E., Ma, M., James, K., Reid, C., & Brooks-Russell, A. (2021). *Assessment of rural-urban and geospatial differences in perceived handgun access and reported suicidality among youth on Colorado*. *JAMA Network Open*. 2021;4(10):e2127816. doi:10.1001/jamanetworkopen.2021.27816

World Health Organization. Suicide. Key Facts. [online]. (June 2021). Retrieved from <https://www.who.int/news-room/fact-sheets/detail/suicide>