

How to Choose the Right Suicide Prevention Training for Your Staff

Suicide Prevention Training (2-3 hours): Focus is on recognizing risk and referring those at risk to help

Typically those who have contact with youth or adults on a regular basis (everyone!) should have prevention or 'gatekeeper' training (unless they are already trained in suicide intervention)

- Receptionists/front office staff
- Teachers
- Students
- Other school staff (teacher aides, bus drivers, cafeteria workers, library staff, etc.)
- Foster parents & trainees
- Professors and other college staff
- After school program staff (Big Brothers, Big Sisters, YMCA/YWCA, etc.)
- Coaches and extracurricular sports leaders
- Law enforcement officers
- Youth workers
- Case aides and nursing aides
- Nursing home workers
- Family members, friends, congregations, sports team members, etc!



Evidence-Based Suicide Prevention Training in Indiana:

- **QPR (Question, Persuade, Refer)**—2 hour gatekeeper training
Pros: Good focus on prevalence/statistics and thorough look at warning signs
Cons: Delivery is PowerPoint with minimal interaction/practice unless optional role play is utilized
Generally recommended for lay audiences
- **safeTALK**—3 hour gatekeeper training
Pros: A lot of interaction and practice
Cons: Less focus on prevalence of the problem
Generally recommended for professional audiences

Suicide Intervention Training (2 days): Focus is on intervening with actively suicidal people

Typically those in helping roles who are expected to work with people at risk should undergo intervention training

- Correctional officers
- Faith leaders (clergy, youth pastors, chaplains)
- Guidance counselors, social workers, school nurses, school psychologists, principals, assistant principals
- Mental health practitioners (therapists, counselors, etc.)
- CIT-trained law enforcement officers
- Residential treatment staff
- Nurses, nurse practitioners, doctors
- Case workers
- College residential advisors and academic advisors
- Intake staff



Evidence-Based Suicide Intervention Training in Indiana:

- **Applied Suicide Intervention Skills Training (ASIST)**
Pros: Highly interactive; simple and easy to use intervention model
Cons: Requires 2 full days

You make the call:

The following ideally would have intervention training, but prevention training would suffice if time and resources are tight:

- Nurses, doctors, and other medical providers
- Case workers
- Faith leaders
- Residential advisors and academic advisors
- Intake staff