

Suicide Prevention Training Resources for General/Paraprofessional Staff

These trainings are available in person by contacting ajhood@utah.gov. Trainer stipends may or may not be required in addition to the cost of the materials, depending on the training. Grant funding is sometimes available to cover the cost of materials for non-profit and government agencies.

Training Name	Description	Time Requirement	Cost of Materials
QPR	QPR stands for Question, Persuade, and Refer -- 3 simple steps that anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.	One Hour	\$3.00/participant
SafeTALK	Suicide Alertness for Everyone (SafeTALK) <i>SafeTALK</i> is a half-day training program that teaches participants to recognize and engage persons who might be having thoughts of suicide and to connect them with community resources trained in suicide intervention.	Three Hours	\$7.50/participant
Creating Safety	Creating Safety is a training for peer supports, case managers, community health workers, and other paraprofessionals. It utilizes discussion, videos, practice, and role plays to improve skills and confidence in recognizing warning signs, asking directly about suicide, creating a safety plan with the person at risk, addressing access to lethal means, skills to reduce suicidal distress, and sharing your story of lived experience.	Three to Four Hours	No cost
Mental Health First Aid	Mental Health First Aid is an 8-hour course that teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps you identify, understand, and respond to signs of mental illnesses and substance use disorders. There is also a Youth version of this curriculum.	Eight Hours	\$16/participant
Working Minds	Working Minds is dedicated exclusively to workplace suicide prevention and response after a suicide crisis or loss. Goals of Training: <ul style="list-style-type: none"> To educate and create awareness of suicide prevention To create a forum for dialogue and critical thinking about workplace mental health challenges 	Two to Three Hours	~\$13.00/participant

	<ul style="list-style-type: none"> To promote help-seeking and help-giving in the workplace 		
ASIST	<p>Applied Suicide Intervention Skills Training (ASIST) is a two-day intensive, interactive and practice-dominated course designed to help clinical, non-clinical caregivers and parents recognize and review risk, and intervene to prevent the immediate risk of suicide. It is by far the most widely used, acclaimed and researched suicide gatekeeper training in the world.</p>	Two Full Days	\$38.10/participant