

SUICIDE PREVENTION IN THE WORKPLACE

TO ENROLL, PLEASE EMAIL MHSA-MHTRAININGS@YOLOCOUNTY.ORG



PROBLEM

Suicide rates are highest within working age adults

SOLUTION

You. By understanding and engaging in suicide prevention

TRAINING OUTLINE

This training is 2.5 hours in length and includes videos, group discussions/exercises, and roleplays to create a better understanding of your role in suicide prevention

Onboard: Learn what you and your workplace can do to support mental wellbeing

Develop: Identify risk factors and warning signs

Perform: Practice conversations around suicide

Respond: Discuss how workplaces can be prepared for suicide before one happens

For more information

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GOALS:

- To promote critical thinking about suicide prevention
- To open dialogue about mental health
- To promote help-seeking and help-giving behaviors

AFTER THE TRAINING, PARTICIPANTS FEEL:

- Knowledgeable about suicide prevention
- Confident talking about suicide and getting help
- Likely to apply what they learned



JORGE CERVANTES

Trainer

MHSA Outreach Specialist

LOCATION: VIA ZOOM

DATE: 10/10/23 & 10/31/23
TIME 9:00AM TO 11:30 AM