



suicide prevention **for athletic staff**



### The Problem:

Suicide rates are increasing among kids, teens, and young adults, including athletes



### The Solution:

You. By understanding and engaging in suicide prevention



### Goals:

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

**Training Outline:** This training is 1.5-2 hours in length and includes videos, group discussions/exercises, and roleplays to create a better understanding of your role in suicide prevention

**Pre-Game:** Learn to build protective factors and safety nets for athletes

**Get in the Game:** Identify risk factors and warning signs

**Change the Game:** Practice conversations around suicide

**Participants give VitalCog for Athletic Staff an overall 4.7/5 rating for effectiveness**

### After the training, participants feel:

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

**Trainer Name:**

**Date/Time:**

**Location:**



Helen and Arthur E. Johnson  
Depression Center

UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS

To learn more or schedule a training please email Erin Haugen at [hello@haugenperformance.com](mailto:hello@haugenperformance.com) or fill out a course request at this link: <https://www.haugenperformance.com/vitalcog-request>