



The Problem:

Suicide rates are increasing among student-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 student-athletes

Get in the Game: Identify risk factors and warning signs

Change the Game: Practice conversations around suicide

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

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