Building a Safety Net:
Creating a community suicide prevention plan

Connect

Training Professionals & Communities in Suicide Prevention & Response®

Knowing risk factors and warning signs of suicide and how to get a suicidal person help is a good beginning. However, to build a truly comprehensive safety net, it's important to promote collaboration and bring together key service providers and stakeholders to address community risk and protective factors. This includes discussing attitudes, current practices and cultural factors.

Connect's two-day interactive training will present national best practices on suicide prevention and intervention on the first day. On the second day, Connect staff will use a mind-mapping process to facilitate the creation of a community-wide suicide prevention plan.

A plan that focuses on improving the service delivery system by implementing best practice protocols and key aspects of the National Strategy for Suicide Prevention and/or State Suicide prevention plans will result in effective and sustainable change. The training can build on the work of a local suicide prevention coalition or it can be a great way to jump start the development of a coalition.

Training Highlights include:

Day One

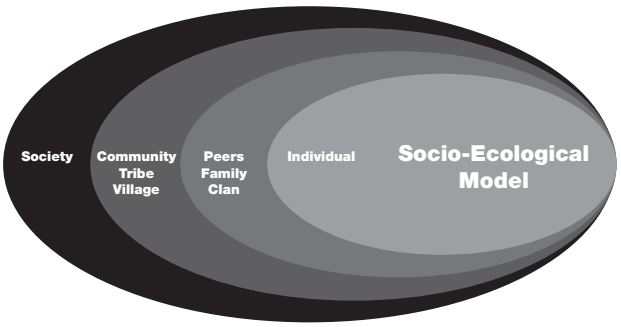
- Recognizing early warning signs of mental illness, substance abuse and other risk factors leading to suicide.
- How to intervene and connect a suicidal person to resources.
- Attitudes towards suicide and the effects of stigma.
- National suicide trends and statistics.
- Individual and community risk and protective factors.
- Best practices on restricting access to lethal means and safe messaging.
- The influence of electronic communication and media.
- The role of local service providers and others in collaborating to build a safety net.

Day Two

- Creation of a comprehensive community suicide prevention plan based on 15 key components which are addressed in the context of a community's resources and culture.

Length: Two days

Audience: Professionals from education, law enforcement, social services, faith communities, mental health, substance abuse, and medicine; first responders; local coalitions; community leaders and gatekeepers.



Location: your community

For more information contact ***Connect***
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Using a holistic, socio-ecological model, Connect examines suicide in the context of the individual, family, community, and society.

Connect® is a designated National Best Practice Program developed by NAMI NH

NAMI
National Alliance on Mental Illness
NEW HAMPSHIRE