Suicide Prevention Training Outline

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2/23/15

* 90% of successful suicides are committed by people with a diagnosable mental condition
* Campus Police, Student Health Services, 1-800 national number 24/7
* Therapy Available (No insurance allowed/ necessary) only $10 a session
* Campus Police can attend the tutoring lab undercover etc…
* Often times people are relieved to be able to talk (when you ask them if they are suicidal)
* anyone can help prevent suicide
* suicide prevention is a collaborative approach
* encourage the person to go to treatment, or continue to go to treatment
* most suicidal people communicate their intent sometime during the week preceding their attempt
* it is okay to remove things people could use to kill themselves
* it is okay to talk about suicide
* Situational Clues
  + major life change
  + shame could be a component
  + fear of becoming a burden to others
* Remember: How you ask the question is less important than that you ask it