



The Problem:

Suicide rates are highest within working age adults



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 2 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

After the training, participants feel:

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

Participants give VitalCog for the Workplace an overall 4.5/5 rating for effectiveness