



**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

**After the training, participants feel:**

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