

# Crisis Line Can Help You Prevent Suicide

## School and College Curriculum



SOS - a video and discussion based program that teaches middle and high school students to ACT: Acknowledge their friends thoughts of suicide, Care enough to help, and Tell a trusted adult. The college version uses the same acronym and encourages them to Acknowledge thoughts of suicide, Care enough to help, and help them find Treatment. The information can be presented within one class period or be used as a unit spanning multiple days.

Recommended for: Middle school, high school and college students

## Awareness

QPR - a suicide awareness program that teaches participants to recognize warnings sign of suicide, as well as to question someone about their thoughts of suicide, persuade them to stay safe, and refer them to the help they need. This is a 1 or 2 hour presentation.



Recommended for: Teachers, parents, teenagers, young adults, anyone concerned and wanting to help someone in need.

## Alertness



safeTALK - a suicide alertness workshop that enables participants to recognize a person who may have thoughts of suicide, engage that person in a direct and open conversation about suicide, and connect them to someone able to provide intervention help. safeTALK incorporates information, discussion, and practice to prepare the participants to be suicide alert helpers. The safeTALK workshop is three hours.

Recommended for: Teachers, parents, teens over 15, young adults, anyone concerned and wanting to help someone in need.

## Intervention

ASIST - a suicide intervention training for professionals and others who would like to know how to do a successful intervention with someone identified as at risk for suicide. ASIST is a two day workshop.



Recommended for: Counselors, administrators, clergy, and anyone else interested.

## Community Wide



Yellow Ribbon - an alert program that compliments existing programs. Young people are given a non-threatening way to communicate that they are having thoughts of suicide using an Ask 4 Help® Yellow Ribbon card. Young people communicate their need for help by merely handing a trusted adult their card.

Recommended for: Teens and young people

All of these are free to you and the participants through:



Crisis Line of Central Virginia, Inc.  
P.O. Box 3074 Lynchburg, VA 24503 (434)947-5921

AND

