



# Suicide and Violence Prevention (SVP) Program

## Healthy Communities Division of Public Health

### Requestable Trainings

Suicide prevention and intervention trainings for service providers, those working with at-risk populations, and the general community. No prior experience expected or necessary. Trainings range from 30 minutes to 2-hours.

- **Question-Persuade-Refer (60-90min)** This training is designed to increase one's ability to recognize suicidal thoughts and behaviors, and to refer the person who is at-risk to a professional resource. Classes range in length and are free of charge. QPR is a dynamic curriculum that can be adapted to meet the unique needs of any group or organization.
  - **Question-Persuade-Refer + Lethal Means Safety** QPR with an additional learning module on what lethal means are, how they impact suicide risk, and safe storage strategies.
  - **Question-Persuade-Refer + Safety Planning** QPR with an additional learning module that details what a safety plan is and how to implement one.

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- **Suicide 201 Advancing Suicide Prevention & Management for Diverse Clientele** This two-day workshop, designed for clinicians and clinical staff, will provide instruction and a forum for clinical discussion and case practice, on the current standards of practice for suicide prevention and management.

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- **Be Sensitive, Be Brave - Suicide Prevention or Mental Health (2 hours) - Coming Fall 2023-** This training infuses culture and diversity throughout foundational workshops on suicide prevention or mental health and illness. Community members learn to act as eyes and ears for mental health and suicidal distress, and to connect individuals to help or support.

To request a training, fill out our [Training Request Form](#)  
Questions? Email us at: [publichealthsvp@co.humboldt.ca.us](mailto:publichealthsvp@co.humboldt.ca.us)



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- **Lethal Means Safety (30-60min)** An introduction to what lethal means are, their role in a suicidal crisis, and safe storage strategies that reduce access.

- **It's Real: Teens and Mental Health (45 min)** Intended for high school classes or community settings with groups of teens, ages from 14 to 18. This program raises awareness about mental health issues, how to start a conversation about mental health, the importance of self-care, and how to reach out for help.

### Self-paced Online Trainings

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- **LivingWorks START** Free online training for individuals, families, and organizations in Humboldt County. Learn how to recognize the signs with this simple and powerful 90-minute training.
  - Available upon request while supplies last. Email [publichealthsvp@co.humboldt.ca.us](mailto:publichealthsvp@co.humboldt.ca.us) with requests or more information.
- **CALM: Counseling on Access to Lethal Means** Free online workshop designed to help providers implement counseling strategies to help patients at risk for suicide and their families reduce access to lethal means. This course takes approximately 2 hours to complete.
  - To take this training, [CLICK HERE](#), and follow the instructions to enroll in the course.

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