

prevention and intervention trainings available and the effect of lethal means on Nevada's suicide rate. (5) Directly educating parents on lethal means restriction and other suicide prevention techniques through community-based outreach.

The Nevada Coalition for Suicide Prevention (NCSP) partnered with the Office of Suicide Prevention (NOSP), Nevada Firearms Coalition (NVFAC) and the Executive Committee to Review the Death of Children to develop a comprehensive public information and education materials around suicide prevention through securing firearms. We are currently distributing materials statewide. Materials have been shared with the Clark and Washoe county gun shops, shooting ranges, and firearm training centers, Division of Child and Family Services, Nevada Department of Education, and the Washoe and Clark County School District.

suicideTALK

Ranging from 90 minutes to a half a day, suicideTALK invites all participants—regardless of prior training or experience—to become more aware of suicide prevention opportunities in their community. Dealing openly with the stigma around suicide, this exploration focuses upon the question "Should we talk about suicide?" By looking at this question in a number of different ways, session members can discover some of the beliefs and ideas about suicide in their communities—and in themselves. suicideTALK participants learn...

- How suicide is a serious community health problem that is often misunderstood
- How personal and community beliefs about suicide affect suicide stigma and safety
- How the steps taught in LivingWorks' safeTALK program can be used to help prevent suicide
- How to get involved in life protection, preservation, and promotion activities in the community

safeTALK

safeTALK is a half-day alertness training that prepares anyone over the age of 15, regardless of prior experience or training, to become a suicide-alert helper. Most people with thoughts of suicide don't truly want to die, but are struggling with the pain in their lives. Through their words and actions, they invite help to stay alive. safeTALK-trained helpers can recognize these invitations and take action by connecting them with life-saving intervention resources, such as caregivers trained in ASIST.

Since its development in 2006, safeTALK has been used in over 20 countries around the world, and more than 200 selectable video vignettes have been produced to tailor the program's audio-visual component for diverse audiences. safeTALK-trained helpers are an important part of suicide-safer communities, working alongside intervention resources to identify and avert suicide risks.

Training features:

- Presentations and guidance from a LivingWorks registered trainer
- Access to support from a local community resource person
- Powerful audiovisual learning aids
- The simple yet effective TALK steps: Tell, Ask, Listen, and KeepSafe
- Hands-on skills practice and development

safeTALK helps expand the reach of suicide intervention skills in communities around the world. Watch this video from the Ontario Hockey Association, one of the many organizations that have implemented safeTALK, click the links below to participate in or support this life-saving program.

ASIST

Applied Suicide Intervention Skills Training (ASIST) is for everyone age 16 or older—regardless of prior experience—who wants to be able to provide suicide first aid. Shown by major studies to significantly reduce suicidality, the ASIST model teaches effective intervention skills while helping to build suicide prevention networks in the community.

Virtually anyone age 16 or older, regardless of prior experience or training, can become an ASIST-trained caregiver. Developed in 1983 and regularly updated to reflect improvements in knowledge and practice, ASIST is the world's leading suicide intervention workshop. During the two-day interactive session, participants learn to intervene and help prevent the immediate risk of suicide. Over 1,000,000 people have taken the workshop, and studies have proven that the ASIST method helps reduce suicidal feelings for those at risk.

Workshop features:

- Presentations and guidance from two LivingWorks registered trainers
- A scientifically proven intervention model
- Powerful audiovisual learning aids
- Group discussions
- Skills practice and development
- A balance of challenge and safety

ASIST has saved and changed hundreds of thousands of lives around the world.



What is Mental Health First Aid?

Mental Health First Aid is an 8-hour course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing and mental health or substance use problem or experiencing a crisis.

Mental Health First Aiders Are...

Teachers, first responders and veterans. They're neighbors, parents and friends. They're people in recovery, and those supporting a family member. Mental Health First Aiders are anyone who wants to make their community healthier, happier and safer for all.

Mental Health First Aid Matters...

Most of us would know how to help if we saw someone having a heart attack—we'd start CPR, or at the very least, call 9-1-1. But too few of us would know how to respond if we saw someone having a panic attack or if we were concerned that a friend or co-worker might be showing signs of alcoholism.

Mental Health First Aid takes the fear and hesitation out of starting conversations about mental health and substance use problems by improving understanding and providing an action plan that teaches people to safely and responsibly identify and address a potential mental illness or substance use disorder.

When more people are equipped with the tools they need to start a dialogue, more people can get to the help they may need. Mental Health First Aiders can even save lives.

Mental Health First Aid was created in 2001 by Betty Kitchener, a nurse specializing in health education, and Anthony Jorm, a mental health literacy professor. Kitchener and Jorm run Mental Health First Aid™ Australia, a national non-profit health promotion charity focused on training and research. The United States is just one of the many countries that have adapted the program from Australia.

Get Involved

You can learn more about these and many more initiatives at Nevada Coalition for Suicide Prevention's website. Or, feel free to contact Richard Egan directly at 702-486-8225 or e-mail at regan@health.nv.gov.

Richard Egan is the Southern Nevada suicide prevention training and outreach facilitator for the Division of Public and Behavioral Health with the Dept. of Health and Human Services. Throughout his career, Egan has provided leadership, supervision and suicide prevention for more than 700 people. He also spent 26 years in the U.S. Air Force, retiring with the rank of senior master sergeant.