



Practical Approaches to Suicidality and Safety Planning (90 min)

Suicide risk can shift quickly, and regular check-ins let you respond in real time. Co-creating a clear, step-by-step safety plan gives patients control and hope when things feel overwhelming. Connecting them with loved ones, peer support, and crisis resources extends that protection beyond the clinic.

Take Action for Safety Planning



Hard To Ask, Hard To Hear: What Gets in the Way of Suicide Assessment (60 min)

Talking about suicide isn't easy, but facing that discomfort matters. When clinicians name it and ask directly, they show care, reduce stigma, and help patients feel less alone. If time restraints or stigma make it difficult, a brief normalizing phrase—such as “Many people have thoughts like this”—helps keep the door open.

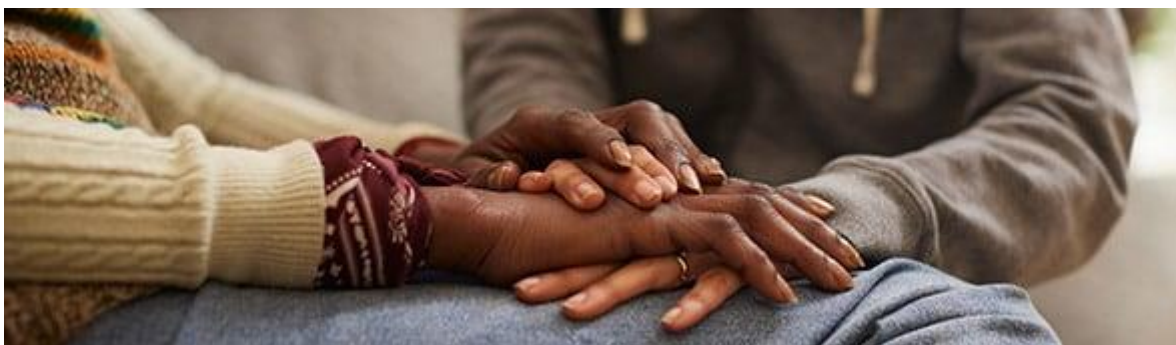
How To Start the Conversation



Silent Struggles: Understanding and Preventing Suicide in Older Adults (30 min)

For many older adults, suicide risk doesn't look like typical "warning signs." Grief, illness, and loss of independence can weigh heavily. Offering compassionate support, fostering connection, and honoring life stories can make a real difference in prevention.

Support Older Adults at Risk



Honoring Loss and Advancing Suicide Prevention (30 min)

After losing her 19-year-old son, Brian, to suicide, Ann found support through counseling, grief groups, and suicide education. She talks with us about raising awareness, the need for support for families, and how Brian's memory continues to inspire her work.

Transforming Loss Into Purpose