



# RYSE

## Resilient Youth Safer Environments

### WHAT is RYSE

A Suicide Safer Early Intervention and Prevention System to support youth-serving organizations

### WHO RYSE Serves

Youth (ages 10-24) in Galveston County and agencies that support them

### HOW RYSE Serves

Crisis Response, Planning, Education, Training, Screening, and Referral

### CRISIS Hotlines

Gulf Coast Center  
24 Hour Crisis Hotline  
1-866-729-3848

National Suicide  
Prevention Hotline  
1-800-723-TALK (8255)

24/7 Crisis Text Line  
Text "GO" to 741741

Trevor Lifeline  
1-866-488-7386

### RYSE grant goals are to provide:

**Workforce Development**  
to people in the mental health and related workforce.

**Training**  
to individuals who have received training in suicide prevention or mental health promotion.

**Screening**  
of individuals for mental health or related interventions.

**Referrals**  
of individuals to mental health or related services.

**Access**  
to mental health or related services after referral.

# TRAININGS OFFERED

## Talk Saves Lives

### Audience

Open to a broad range of community audiences

### Length

Approximately 1 hour

### Highlights

- This training includes an introductory communication education presentation about suicide prevention developed by the American Foundation for Suicide Prevention (AFSP).
- Goals include increasing suicide awareness and empowering participants to offer help to people who may be at risk.

## Applied Suicide Intervention Skills Training - ASIST

### Audience

Gatekeeper Training

### Length

2 days

### Highlights

- ASIST teaches suicide first aid to help a person at risk stay safe and seek further help as needed.
- Participants learn to use a suicide intervention model to identify persons with thoughts of suicide, hear a person's story and listen for a turning point, and make a plan to help the person stay safe for now.

Additional trainings to the above are also available.  
Please contact us to learn more.

## PARTNERS



## HOW TO ACCESS SERVICES

Please contact Diane Manley at [dianem@gulfcoastcenter.org](mailto:dianem@gulfcoastcenter.org) or 346-266-4863 to learn more.

## Ask About Suicide to Save a Life - AS+K

### Audience

Gatekeeper Training

### Length

1-2.5 hours

### Highlights

- AS+K provides participants with an overview of the basic epidemiology of suicide and suicidal behavior, including risk and protective factors.
- Participants are trained to recognize warning signs, behaviors, and characteristics that might indicate elevated risk for suicidal behaviors.

## Counseling on Access to Lethal Means - CALM

### Audience

Open to anyone, designed especially for those who provide services to those at-risk for suicide

### Length

2-3 hours

### Highlights

- CALM focuses on how to reduce access to the methods people use to kill themselves.
- Participants learn how to identify people who could benefit from lethal means counseling, how to ask about their access to lethal methods, and how to work with individuals and their families to reduce access to lethal means.

## Mental Health First Aid/Youth Mental Health First Aid (MHFA/YMHFA)

### Audience

Open to anyone in the community

### Length

4-6 hours

### Highlights

- MHFA/YMHFA helps to destigmatize mental health crises by identifying signs and symptoms that a person may be in distress and need help.
- Teaches a way for members to assist a person to seek help by identifying resources for support.