

The following special courses
are also available:

Working Minds

In Working Minds, work sites learn about the important role of workplaces in preventing suicide. With a dialogue about suicide, including what to do when someone is suicidal and how to respond after suicide, the emphasis is placed on employee wellness.

Duration: 2 or 4 Hours

Audience: Ages 18+, Work sites

S.O.S. – Signs of Suicide

The S.O.S. program is taught to students in junior high and high school settings. Students learn the warning signs of suicide and what to do if they think a friend or classmate needs help.

Duration: Variable

Audience: Youth, ages 12 to 18

For more information on these
classes, call 801.525.5075.

CONNECT WITH US:

nuhopeutah.org



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Download the
SafeUT App!

SUICIDE PREVENTION **EDUCATION** OPPORTUNITIES

SAVE A LIFE:
GET INVOLVED.
IN A CRISIS, CALL:
800-273-8255

NUHOPE
TASK FORCE

 **DAVIS
HELPS**

NUHOPE, Davis Helps, and our partners are proud to offer the following suicide prevention educational opportunities:

Q.P.R. – Question, Persuade, Refer

Community members trained in CPR and the Heimlich Maneuver save thousands of lives each year. Learning the steps of QPR, a suicide prevention method, can save lives too.

Duration: 1.5 Hours

Audience: Everyone, ages 13+

safeTALK

This workshop teaches the skills to recognize the warning signs of a person at risk of suicide and how to communicate with the person and get help.

Duration: 3 Hours

Audience: Everyone, Ages 18+

Youth Mental Health First Aid (YMHFA)

In YMHFA, adults learn the signs of mental health challenges in young people and how to respond effectively. Participants will learn a 5-step action plan to help youth in crisis and non-crisis situations, including considering suicide.

Duration: 8 Hours

Audience: Adults who work with children

Mental Health First Aid (MHFA)

MHFA teaches participants skills to help a person with a mental health problem or experiencing a mental health crisis, emphasizing how to help until professional support is received.

Duration: 8 Hours

Audience: Everyone, ages 18+

CONNECT

CONNECT trains professionals and communities to prepare them to respond to a suicide attempt or death in a manner that promotes healing and reduces risk for those affected.

Duration: 6 Hours

Audience: Everyone, Ages 18+

ASIST

ASIST is a two-day, interactive suicide intervention class. Participants learn how to intervene and help prevent a suicide when there is an immediate risk.

Duration: 2 Days

Audience: Everyone, Ages 18+

To register, visit dbhprevention.org/trainings