

SUICIDE PREVENTION IS EVERYONE'S BUSINESS

98% of people who have gone through the **Survive and Thrive Suicide Prevention program** agree or strongly agree that part of the role of faculty is to connect students experiencing psychological distress with mental health services.

You interact with students every day. You are in a unique position to notice when their normal behavior changes. Sometimes these changes **may be signs of distress**.

Learn how you can **recognize these warning signs of emotional distress** and **how to refer students to professional resources**.

You also have the power to **encouraging or requiring your students to take the training**, through offering extra credit or making it part of a class assignment.

YOU HAVE TWO OPTIONS!

ONLINE TRAINING SIMULATION

- Length: 30-45 minutes
- Fully interactive
- Allows you to roleplay conversations
- Can schedule 30 minute in-class facilitated discussion once class has completed training
- Programs designed specifically with the audience in mind - faculty version and student version are quite different
- Can stop, close the page, and come back later where you left off

Visit kognitocampus.com/login, create an account and enter the appropriate enrollment key:

Faculty Enrollment Key: **appstate592**

Student Enrollment Key: **appstate828**

IN-PERSON TRAINING

- Length: 2 hours
- Uses a mix of lecture, videos and activities to teach
- Evaluations show significant increases in preparedness and confidence related to suicide prevention skills after going through the training
- Can schedule in-class trainings
- What people have are saying about the training:
“The instructor was spot on” “Very informative!” “It felt like a comfortable and safe space to discuss suicide and tough topics.”

To find out when the next in-person training is occurring or to schedule a private session, visit:

preventsuicide.appstate.edu

Talking about suicide **will not** put the idea of suicide in someone's head, but **it will** show that you are a caring individual and it could **help save someone's life**.

Visit preventsuicide.appstate.edu for more information about Suicide Prevention at Appalachian State University. If you have any questions, email the Suicide Prevention

Program Coordinator, Elisabeth Cavallaro [cavallaro@appstate.edu or (828)262-8284].