



### The Problem:

Suicide rates are highest within working age adults



### The Solution:

You. By understanding and engaging in suicide prevention



### Goals:

- To promote critical thinking about suicide prevention
- To open dialogue about mental health
- To promote help-seeking and help-giving behaviors

**Training Outline:** This training is 2 hours in length and includes videos, group discussions/exercises, and roleplays to create a better understanding of your role in suicide prevention

**Onboard:** Learn what you and your workplace can do to support mental wellbeing

**Develop:** Identify risk factors and warning signs

**Perform:** Practice conversations around suicide

**Respond:** Discuss how workplaces can be prepared for suicide before one happens

### After the training, participants feel:

- Knowledgeable about suicide prevention
- Confident talking about suicide and getting help
- Likely to apply what they learned



Helen and Arthur E. Johnson  
Depression Center  
UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS

Participants give VitalCog for the Workplace an overall 4.5/5 rating for effectiveness