

Tennessee Suicide Prevention Trainings

Training Name	Description	Audience
Question, Persuade, Refer (QPR) Gatekeeper Training *	Training designed to teach participants how to recognize the warning signs of someone who may be contemplating suicide and question them about whether or not they are suicidal; how to offer hope to an individual experiencing a suicidal crisis and persuade them to get help; and how to refer an individual having a suicidal crisis for help in order to save their life.	General Population
Contact Information: https://www.tspn.org/request-training-now/		
Alcohol and Drug QPR *	Customized version of QPR focused on the role substance abuse plays in suicide.	General Population
Contact Information: : https://www.tspn.org/request-training-now/		
Lesbian, Gay, Bisexual, Transgender, Queer or Questioning, and Intersex (LGBTQI+) QPR *	Customized version of QPR regarding suicide risk within the LGBTQI+ population.	General Population
Contact Information: https://www.tspn.org/request-training-now/		
TIP 50: Addressing Suicidal Thoughts and Behaviors in Substance Abuse Treatment	Training that presents guidelines for substance abuse treatment professionals working with clients who demonstrate suicidal ideation and behavior.	Mental Health Professionals
Contact Information: https://www.tspn.org/request-training-now/		
General Suicide Prevention Training	Presentation covering basic suicide prevention and warning signs of suicide.	General Population
Contact Information: https://www.tspn.org/request-training-now/		
Postvention Training	Training that teaches participants how to coordinate a comprehensive and safe response to a suicide affecting a business, school, or organization. Training includes suggestions of how to talk to persons bereaved by suicide loss to promote their healing and identification of community resources. Length of training varies.	General Population
Contact Information: https://www.tspn.org/request-training-now/		

Mental Health First Aid (MHFA) Training	Training that teaches participants how to identify, understand, and respond to signs of mental illnesses and substance use disorders. The course introduces participants to risk factors and warning signs of mental health concerns, builds understanding of their impact, and provides an overview of common treatments.	General Population
Contact Information: https://www.tspn.org/request-training-now/		
Youth Mental Health First Aid (YMHFA)	Training that teaches participants the unique risk factors and warning signs of mental health problems in adolescents (12-18), builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent who is in crisis or experiencing a mental health challenge.	General population with a focus on those work directly with children and youth
Contact Information: https://www.tn.gov/education/health-and-safety/school-based-mental-health-supports.html		
Applied Suicide Intervention Skills (ASIST) Training	Training that uses an evidence-based suicide intervention model which teaches participants how to identify persons with thoughts of suicide, how to seek a shared understanding of reasons for dying and living, how to develop a safety plan, and how to prepare for follow-up.	General Population
Contact Information: https://www.tspn.org/request-training-now/		
“Be the One” Suicide Prevention Workforce Training*	Training that is provided to employees within the workplace. Be the One teaches participants specific skills for identifying a co-worker at risk for suicide and teaches specific skills on how to intervene and save a life. This training is open to any workplace.	Employees
Contact Information: https://www.tn.gov/behavioral-health/need-help/be-the-one/training.html		
Suicide to Hope(s2H)	Workshop designed for clinicians and caregivers working with those recently at risk of and currently safe from suicide. The training provides tools to help these caregivers and persons with experiences of suicide work together to develop achievable and significant recovery and growth goals.	Mental Health Clinicians and Professionals
Contact Information: https://www.tspn.org/request-training-now/		

Assessing and Managing Suicide Risk (AMSR)	Workshop designed for mental health professionals to improve suicide risk assessment, treatment planning, and case management for clients at risk for suicide.	Mental Health Professionals
Contact Information: https://www.tspn.org/request-training-now/		
The Jason Foundation *	Training modules which provides information on the awareness and prevention of youth suicide. This series of programs introduces the scope and magnitude of the problem of youth suicide, the signs of concern, risk factors, how to recognize young people who may be struggling, how to approach the student and help an at-risk youth find resources for assistance.	Teachers, Support Staff, Parents, and Students
Contact Information: https://learn.jasonfoundation.com/courses/		
CALM: Counseling on Access to Lethal Means Training	Training designed to help providers implement counseling strategies within their practices to help clients at risk for suicide and their families reduce access to lethal means, particularly (but not exclusively) firearms.	Healthcare Providers
Contact Information: https://training.sprc.org/enrol/index.php?id=20		
Columbia-Suicide Severity Rating Scale(C-SSRS)	Training which teaches participants how to use the suicide risk assessment tool to identify whether someone is at risk for suicide, assess the severity and immediacy of that risk, and gauge the level of support the person needs.	General Population
Contact Information: https://www.tspn.org/request-training-now/		
Suicide Prevention in the Emergency Department	This training focuses on the screening, assessment, and referral process of patients at risk for suicide. The training includes environmental risk factors for suicide in the hospital setting, means reduction, and referral materials to provide to patients upon discharge.	Hospital Emergency Department staff

* indicates trainings that are available virtually