

Suicide Prevention Training For *You*

Suicide Prevention Is Not a Spectator Sport!

Four Critical Questions

1. Do you know how to recognize the signs of distress?
 2. Do you know how to initiate a conversation with someone exhibiting signs of distress or depression?
 3. Would you be able to ask someone about their suicidal thoughts?
 4. Do you know how to help someone who is contemplating death by suicide?
- ✓ *If you answered "No" to any of these questions, the free **R.A.C.E. Suicide Prevention Training** is for you!*

Training
Begins

February 22

Two Time

Options:

11:30 am or
6:00 pm

♦Get Informed ♦Get Involved ♦Save a Life

The **R.A.C.E.** Suicide Prevention training is three one-hour modules delivered on three consecutive Tuesdays starting 22 February. The training is applicable for anyone, including you! The training prepares you to **Recognize** the often subtle signs of distress. You will learn how to **Ask** the person about any suicidal thoughts, demonstrate that you **Care** and ways to offer Hope that can help the person to choose life versus death. The last step in the **R.A.C.E.** model is learning different **Escort** options so the person receives professional care. Let's work together to Save Lives—One Life at a Time!

Register Today at

www.RACESuicidePrevention.us

In Partnership With



www.healingwarriorhearts.org

