



## *Graduate Students*

# Gaining Competency in Suicide Prevention

Many health service psychology students leave graduate training feeling ill-prepared to work with patients at risk for suicide. This collection of resources will help you gain competency in suicidality, both personally and professionally.

### **ONLINE RESOURCES**

#### **The Trevor Project**

- The Trevor Project offers trainings and resources related to LGBTQ competent suicide prevention practices, as well as volunteer opportunities.

#### **Suicide Prevention Resource Center (SPRC)**

- SPRC offers a comprehensive toolkit, consultation, training, and resources to enhance suicide prevention efforts in states, Native settings, colleges and universities, health systems, and organizations that serve populations at risk for suicide.

#### **National Institute of Mental Health Ask Suicide Screening Questions Toolkit**

- Includes materials to help with suicide risk screening implementation that can help providers successfully identify individuals at risk for suicide.

#### **CDC Suicide Prevention Technical Package**

- A collection of strategies that represent the best available evidence to prevent or reduce suicide.

#### **Zero Suicide**

- Readings, tools, videos, and webinars to help understand and implement Zero Suicide.

### **ORGANIZATIONS TO GET INVOLVED WITH**

#### **American Foundation for Suicide Prevention**

- The AFSP provides a variety of services including support for those at risk of suicide, assistance for those trying to help those at risk of suicide, and information about how to take action in the fight against suicide.
- **How to Get Involved:** Participate in the Out of the Darkness walk and community programs.

#### **American Association of Suicidology**

- AAS promotes the understanding and prevention of suicide and provides support for those who have experienced it.
- **How to Get Involved:** Take part in trainings, certifications, and accreditations, and attend their annual conferences.

#### **Project Semicolon**

- Project Semicolon is a global movement dedicated to presenting hope and love for those who are struggling with mental illness, suicide, addiction, and self-injury.
- **How to Get Involved:** Participate in events and join community conversations on Facebook.

#### **National Suicide Prevention Lifeline**

- The National Suicide Prevention Lifeline is a national network of over 180 local crisis centers providing local resources with innovative best practices and quality care across the United States.
- **How to Get Involved:** Volunteer, have conversations with others, share your own story, and learn how to build safer digital communities.

## TRAININGS

### Question Persuade Refer (QPR) Training

- QPR provides suicide prevention training for individuals, organizations, and professionals, including emergency response training for someone in crisis.

### CAMS-CARE Training

- CAMS-CARE provides training and certification in CAMS: a flexible therapeutic approach to suicide risk. Individuals can be trained in CAMS completely online.

### AAS Recognizing & Responding to Suicide Risk Clinician Training

- This online training helps mental health professionals establish core competencies in assessing and managing suicide risk.

### Center for Deployment Psychology (CDP) Trainings

- CDP trains military and civilian behavioral health professionals to provide high-quality, culturally sensitive, evidence-based behavioral health services to military personnel, veterans, and their families.

### Suicide Prevention Resource Center (SPRC) Trainings

- SPRC is the only federally supported resource center devoted to advancing the implementation of the "National Strategy of Suicide Prevention". SPRC provides a variety of in-person trainings, online courses, webinars, and other virtual learning experiences specifically focused on suicide prevention.

### Facilitating a Suicide Bereavement Support Group Training

- This AFSP training program teaches mental health professionals and community members how to organize a Suicide Bereavement Support Group for both children and adults.

### Kognito Trainings

- Kognito offers simulations, webinars, and blogs on a variety of mental health topics, including suicide prevention.

### Colombia Suicide Severity Rating Scale (C-SSRS) Training

- C-SSRS is an evidence-based process for suicide prevention. This website includes C-SSRS training for communities, healthcare organizations, and researchers.

## BOOKS

### Helping the Suicidal Person: Tips and Techniques for Professionals 1st Edition by Stacey Freedenthal

- Explore practical tips and techniques for mental health professionals when working with patients who are at risk for suicide.

### Suicide Prevention: An Ethically and Scientifically Informed Approach by Samuel J. Knapp

- Access essential information about assessing, managing, and providing mental health treatment for adults at risk for suicide at outpatient level of care.

## COMPETENCY ASSESSMENT

Both the Suicide Intervention Response Inventory (SIRI) and the Suicide Competency Assessment Form (SCAF) can be used as training tools for graduate students and programs more generally to assess their competency in the area of suicidality.

- Neimeyer, R. A., & Bonnelle, K. (1997). The suicide intervention response inventory: A revision and validation. *Death Studies, 21*, pp. 59-81. Doi: 10.1080/074811897202137
  - » Suicide Intervention Response Inventory (SIRI, Page 60). The Suicide Intervention Response Inventory is designed to assess the ability of mental health professionals to recognize and respond to suicidal statements.
- Cramer, R. J., Johnson, S. M., McLaughlin, J., Rausch, E. M., & Conroy, M. A. (2013). Suicide risk assessment training for psychology doctoral programs: Core competencies and a framework for training. *Training and Education in Professional Psychology, 7*(1), 1.
  - » Suicide Competency Assessment Form (SCAF). This form can be used to assess mental health trainees' competency working with patients at risk for suicide.

Have you utilized this resource? Please take a moment to [rate its usefulness](#).