# SUICIDE AWARENESS AND PREVENTION TRAINING CRITERIA FOR STAFF

***Training not on the approved list must meet the following criteria and be approved by EED.***

## Training must include:

1. Accuracy of content
2. Realistic Goals & Objectives for the training
   1. List facts about prevalence, research, and myths surrounding suicide
   2. Assess and evaluate youth Risk & Protective Factors
   3. Recognize the clues and triggers for possible suicidal action in youth
   4. Warning Signs
   5. Provide strategies to intervene with a suicidal youth
   6. Teach others how to become listeners and to be able to give a concerned response to a suicidal individual
   7. Postvention strategies
3. Safe & Effective Messaging
   1. Do emphasize help-seeking and provide information on finding help
   2. Do emphasize prevention
   3. Do list the warning signs, as well as risk and protective factors of suicide
   4. Do highlight effective treatments for underlying mental health problems
   5. Don’t glorify or romanticize suicide or people who have died by suicide.
   6. Don’t normalize suicide by presenting it as a common event.
   7. Don’t present suicide as an inexplicable act or explain it as a result of stress only.
   8. Don’t focus on personal details of people who have died by suicide.
   9. Don’t present overly detailed descriptions of suicide victims or methods of suicide.
4. Identify and access resources available to address the needs of a person in crisis
   1. Careline information (1877-266-HELP)
   2. [988](https://health.alaska.gov/en/services/988-suicide-crisis-lifeline/)
5. Local community resource information
6. Evaluation of the training

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