

Suicide Prevention Programs

Promoted by and/or Implemented by Arkansas Department of Health

The Arkansas Department of Health, Suicide Prevention Program is working to provide educational programs that encourage people from all walks of life to become knowledgeable about suicide prevention. While the program is not a crisis center or hotline, we are here to promote the right programs for your particular needs. Below is a list of the programs we are currently promoting and/or implementing. **If you would like more information about any of these educational programs, such as how to schedule one in your area, please call 501-683-0707.**

- ❖ **Youth Suicide Prevention 101** – 45 minute training for youth ages 10 – 18 years old, including schools, after-school programs, faith-based youth groups, and general population of youth. This training covers myths and facts regarding suicide, teaches youth how to identify someone that is thinking about suicide, discussion on identifying “trusted adults”, the importance of not keeping a secret if they know of someone thinking about suicide, and resources to use for themselves or someone they know that is thinking about suicide.
- ❖ **Question, Persuade, Refer (QPR)** – 1.5 hour prevention training for Youth 15+, educators, faith-based, veteran groups, parents, community groups, etc. Key components covered in training are how to appropriately question, persuade, and refer someone who may be suicidal; additionally, how to get help for yourself, how to identify the warning signs of suicide, reviewing myths and facts regarding suicide and how to get help for someone in crisis. QPR training for suicide prevention is listed in the National Registry of Evidence-based Practices and Policies (NREPP).
- ❖ **SafeTALK**--Is a 4-hour training that prepares anyone over the age of 15, regardless of prior experience or training, to become a suicide-alert helper. This program is excellent for anyone who wishes to have basic knowledge of suicide prevention, and it can be a good first class to take in preparation for future, more intense training. We especially recommend it to those in law enforcement, and all first responders.
<https://www.livingworks.net/programs/safetalk/>
- ❖ **Applied Suicide Intervention Skills Training (ASIST)**—Is a 16 hour training. Is for everyone 16 or older—regardless of prior experience—who wants to be able to provide suicide first aid. The ASIST model teaches effective intervention skills while helping to build suicide prevention networks in the community. This is an intensive 2-day workshop that provides detailed instruction on suicide interventions with someone who is immediately in crisis. We recommend this for anyone who might encounter youth who could be in crisis. This could include police, first responders, teachers, administrators, or any trusted adult.
<https://www.livingworks.net/programs/asist/>
- ❖ **Arkansas Lifeline Call Center**—1-800-273-TALK or <http://www.suicidepreventionlifeline.org/> are the places to go for **those who are in immediate crisis**. The line is answered 24/7 in-state, and has a separate line for veterans who are in crisis, pressing #1.