

# SUICIDE PREVENTION TRAININGS

*Know the Signs, Be Prepared!*

## Trainings are offered by San Diego County Suicide Prevention Council

[www.SPCSanDiego.org](http://www.SPCSanDiego.org) | 858-609-7960

### Question, Persuade, Refer (QPR)

Learn the warning signs of a suicide crisis and how to respond. Additional trainings available for select audience/ages.

Community Members, Groups

● Free ● Online, In-Person ● English

### First Responder Suicide Prevention Training

Learn conversation and response strategies for suicide prevention and explore resources.

First Responders & Groups

● Free ● Online, In-Person ● English

### Applied Suicide Intervention Skill Training (ASIST)

Learn suicide intervention skills widely used by healthcare providers to help close ones.

Community members, Youth 16+, Groups

● Free ● Online, In-Person ● English

### LGBTQIA+ Safer Spaces Training

Learn how you can cultivate safer spaces for lesbian, gay, bisexual, and transgender youth.

K-12 Educators, Parents, Caregivers

● Free ● Online, In-Person ● English



San Diego County  
Suicide Prevention Council<sup>SM</sup>  
BY COMMUNITY HEALTH IMPROVEMENT PARTNERS



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SAN DIEGO

For additional suicide prevention resources or to download this flyer,  
visit [bit.ly/SuicidePreventionSD](http://bit.ly/SuicidePreventionSD)