

Umatter Youth Suicide Prevention Staff and Parent Awareness Training

This unique training program provides you everything you need to present a 1.5 hour Suicide Prevention Awareness Session to school staff, parents and caregivers. It can be used as a standalone or as part of the *Umatter for Schools Suicide Prevention*, *Umatter for Community Professionals Suicide Prevention* and *Umatter Public Information* programs. **Umatter for Schools** has been designated a *National Best Practice Program* by AFSP. For more information on Umatter see: www.healthandlearning.org/suicide-prevention/

Why “Umatter™”?

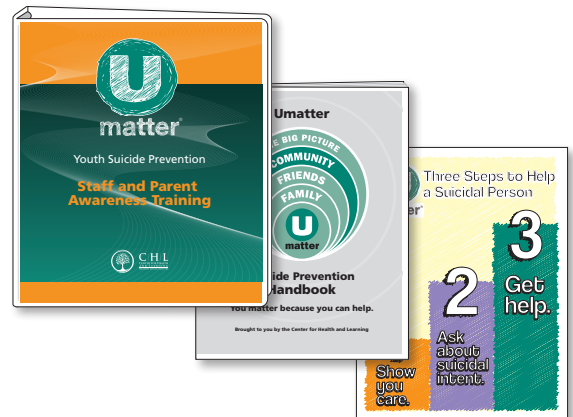
This program provides the message that feeling stressed, down, and/or depressed is a common experience in life. Reaching out for help to someone you feel safe with, or to a professional is a healthy response. When trauma occurs it is especially important. The message is: “You matter because you may need help at some point in your life.” And “You matter because you may be in a position to help.” This program provides information for people who can help.

This training includes:

- * School and Community Strategies for Suicide Prevention
- * Risk Factors, Warning Signs, and How to Help
- * Educating Youth about Suicide Prevention
- * Recognizing and Helping People at Risk
- * School Suicide Intervention Protocol
- * Responding to Difficult Comments

Kit includes:

- * Binder with all training materials and four modules, Comprehensive Facilitator Notes, and Learning Activities
- * *Umatter Handbook* (This resource is provided to participants as a handout and provides comprehensive information about suicide prevention. It can be used with the program or as a stand-alone. Additional copies can be ordered separately.)
- * Thumbdrive with slides and reproducible handouts
- * Resources and handouts in hard copy
- * *Umatter – Three-Step Intervention Process* poster



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For more information about programs and training opportunities for *Umatter* in your state or district, contact: info@healthandlearning.org

Order online at www.toucaned.com

Youth Suicide Prevention Staff and Parent Awareness Training. \$49.95

Umatter Handbook (Pack of 10) \$60.00

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