



Suicide Prevention

Course Syllabus

Course Description

This 8-module Suicide Prevention course is designed to equip participants with the knowledge, skills, and compassion needed to effectively address and prevent suicide. Grounded in evidence-based practices and expert insights, the course covers a comprehensive range of topics, from understanding the complexities of suicide to implementing intervention and postvention strategies. These modules offer a dynamic blend of theoretical concepts, real-world experiences, and practical communication techniques, ensuring participants develop a holistic understanding of suicide prevention.

This course enhances classroom teaching effectiveness and supports improved student outcomes by introducing new knowledge in how to recognize suicide risk factors, communicate effectively with at-risk individuals, implement prevention and postvention strategies, and support students through evidence-based suicide prevention practices.

Course Objectives

At the end of this course you should be able to:

1. Describe suicide statistics, myths vs facts, and warnings signs for suicide.
2. Describe the connection between mental health and suicide.
3. Effectively communicate with those experiencing suicidal ideation.
4. Explain the suicide assessment process.
5. Support diverse populations at risk for suicide.
6. Effectively contribute to suicide prevention efforts within the community and workplace.
7. Implement strategies for coping with loss after suicide.
8. Implement strategies for self-care and resiliency.

Modules

- Module 1: Understanding Suicide, Quiz 1
- Module 2: Mental Health & Suicide, Quiz 2
- Module 3: Communication Skills, Quiz 3
- Module 4: Intervention Strategies, Quiz 4
- Module 5: Supporting Diverse Populations, Quiz 5
- Module 6: Community & Workplace Approaches, Quiz 6
- Module 7: Postvention Strategies, Quiz 7
- Module 8: Self-Care & Resilience, Quiz 8

Grading:



Each quiz must be passed at an 80% or higher (three attempts allowed).

Format

This is a self-paced, asynchronous (no required live meetings) course. Throughout the PD course, you will find it helpful to take notes along the way to assist with the quizzes. Within each module, you will find reflection assessments that are not graded but will help in your journey through the course. There is an interactive forum in the course to help you connect with peers and instructors, share ideas, and collaborate on best practices throughout your learning journey.