

CALM- CONVERSATIONS ON ACCESS TO LETHAL MEANS

Many people do not access behavioral or physical health care despite having thoughts of or being at risk of suicide. Yet many of them signal to others-directly or indirectly-that they are struggling. This workshop is designed to provide friends, family and others with information on how to recognize and respond to suicide risk with an additional focus on reducing access to lethal means-especially firearms. Participants learn how to talk with someone who might be having these thoughts in a collaborative, non-judgmental and supportive manner.

VIRTUAL TRAINING OPPORTUNITY

TUESDAY, JUNE 23RD, 12:00-
1:30PM

Zoom Link will be sent out 24 hours prior to the scheduled training.

TO REGISTER

Email training@acmhck.org

If you have questions, please email Sue Murnane,
smurnane@acmhck.org

CALM OBJECTIVES

Learn basic facts and misconceptions about suicide, common risk factors and warning signs, and the importance of means safety in keeping at-risk individuals safe.

Learn to ask about mood and suicide.

Focus on connecting at-risk individuals to both formal and informal sources of support.

Discuss means safety and making the environment safer for at-risk individuals until their mood and state improves.