

## WHY TRAIN WITH LINES FOR LIFE

- Lines for Life is Oregon's only affiliate of the National Suicide Prevention Line.
- We answer more than 30,000 calls on our crisis lines each year.
- Many of our trainers are seasoned crisis intervention specialists, working on our 24/7/365 crisis lines.
- Lines for Life has been helping our community for over two decades, training thousands of individuals to help others.

## “ Comments from Workshop Participants ”

“ safeTALK helped me to be more alert and aware of suicidal thoughts even when they are hard to pick up on.”

“ Well done! I NEEDED this!”

- Teacher upon completion of YMHFA training

“ After ASIST, I feel able to talk about suicide confidently and openly.”

“ ASIST empowered me to act to save lives. This training is the most meaningful learning experience I've had — ever.”

## SKILLS FOR THE REAL WORLD

**With the sharp increase in deaths caused by suicide, and approximately 1 in 4 Americans experiencing mental illness within a given year,<sup>1</sup> continued education on suicide prevention has become increasingly important for the health and safety of our community.**

Because it is more likely to encounter someone experiencing an emotional crisis than a physical crisis, we need to equip ourselves with techniques and knowledge to de-escalate crises and act as the first line of response.

**Oregon's suicide rate is 41% higher than the national average.**

Suicide in Oregon 2012 report. Oregon Health Authority.

Those who have attended trainings and implemented learned techniques at schools and other organizations have noted an increase in successful interventions, lowering the rate of death or injury. With the cited increase in knowledge, skills, and confidence, suicide intervention trainings such as ASIST, safeTALK, and Mental Health First Aid prove invaluable.

“ Now I feel so much better and more prepared to help. ”

- Teacher upon completion of YMHFA training



<sup>1</sup> Mental Health First Aid

## CRISIS LINES

The **Lines for Life Crisis Call Center** provides hope through free, confidential crisis intervention and referral services 24 hours a day, seven days a week, 365 days a year. Our highly trained staff and volunteers respond to over 35,000 calls a year on our distinct 24 hour crisis lines:

### ALCOHOL AND DRUG HELPLINE

Drug and alcohol treatment referral for individuals and family members **800-923-HELP (4357)**

### LIFELINE

Each year Lines for Life responds to approximately 13,000 callers who are considering suicide or are suicidal at the time of their call.

**800-273-TALK (8255) or 800-SUICIDE (800-273-8255)**

### YOUTHLINE

Crisis line staffed by and for teenagers

**877-968-8491 | OregonYouthline.org**

### MILITARY HELPLINE

Resource for military service members, veterans and their families **888-457-4838 | MilitaryHelpline.org**

Learn more about our programs  
by visiting:

[www.linesforlife.org](http://www.linesforlife.org)



Preventing Substance Abuse & Suicide

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Preventing Substance Abuse & Suicide

**Learn how to help someone in crisis**



**Trainings and Workshops**  
in Suicide and Crisis Intervention  
and Mental Health First Aid

[www.linesforlife.org/content/training](http://www.linesforlife.org/content/training)

# Training + Workshop Offerings from Lines for Life

Practical skills to help a co-worker, friend or loved one in crisis

## ASIST Applied Suicide Intervention Skills Training

This 2-day intensive, interactive workshop provides participants with the skills to assist in suicide intervention. This training is suitable for a vast array of people and organizations including mental-health professionals, schools, religious groups, military personnel, community volunteers, or anyone in a position of trust.

ASIST is divided into five learning sections: Preparing; Connecting; Understanding; Assisting; Networking. Learning is structured through the use of foundational lectures, small group discussions, and interactive exercises.

**Upon completion of the highly interactive workshop, participants will be prepared to:**

- recognize invitations for help
- reach out and offer support
- assess risk of suicide
- apply evidence-based suicide intervention model
- link people with community resources

The ASIST workshop also includes demonstrations and role-playing of common suicide intervention situations, allowing participants to practice their newly learned suicide intervention skills in a supportive environment.

The techniques and skills obtained through ASIST transcend cultural and international barriers. With over one million trained worldwide, participants feel more ready and confident to intervene and provide help after ASIST training.

**Length: Two-Day Training**

**Credit:** 12.0 NASW CEs for social workers, licensed professional counselors (LPCs), and alcohol and drug prevention and treatment providers  
ACCBO credit

## safeTALK Suicide Alertness for Everyone TELL / ASK / LISTEN / KEEP SAFE

This 3.5-hour course is open to anyone wanting to learn how to **identify people with thoughts of suicide, confirm thoughts of suicide are present, and connect individuals with available resources.**

**“ This training helps you notice the clues, and teaches you clear steps to offer real help to a person in a suicidal crisis. ”**

The safeTALK program aims to make the community safer by equipping the public with techniques and skills needed to reduce the rate of suicide.

Through this course, participants learn how to activate a suicide alert,

beginning the helping process for persons with suicidal thoughts.

Instruction includes large and small group discussions, videotaped simulations, and practice of the helping steps.

After training, participants become “suicide alert helpers” and have the training to:

- Reduce tendency to miss, dismiss, or avoid talking about suicide
- Identify people who have suicidal thoughts
- Apply TALK steps and connect those with suicidal thoughts to intervention resources

**Length: Three and a Half Hour Training**

## Mental Health First Aid

For anyone who comes into contact with the general public, this interactive 8-hour community education program teaches participants how to identify, understand, and respond to indicators of mental illness and substance abuse. Mental Health First Aid participants will challenge conventional stereotypes regarding mental disorders, reframing myths into positive action and compassionate understanding.

This course simulates a variety of different mental health crises an individual may encounter. Through sample role-play scenarios and interactive dialogue, participants will learn how to approach and provide assistance to people with suicidal thoughts.

Specifically, trainees learn, practice, and implement a five-step action plan, ALGEE:

- Assess for risk of suicide or harm
- Listen non-judgmentally
- Give reassurance and information
- Encourage appropriate professional help
- Encourage self-help and other support strategies

After training, participants have reported:

- greater confidence in offering help to others
- reduction in stigmatization attitudes
- improved personal mental health

**Length: One-Day Training**

**Credit:** Approved for continuing education credits through NASW and ACCBO and by AMH for adult foster home training credits

## Youth Mental Health First Aid

This 8-hour training is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. It incorporates the tenets of the Mental Health First Aid training into a course focused on helping youth navigate through mental health crises, bullying, and substance abuse.

The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan (ALGEE) to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

**Upon completion of the training, participants in the program will be able to:**

- assess for the risk of suicide or self-harm
- provide immediate support to youth in crisis
- develop crucial non-judgmental listening skills
- encourage youth to seek appropriate professional resources
- assist youth in helping themselves by choosing life, health, and wellness

**Length: One-Day Training**

To register: [www.linesforlife.org/content/training](http://www.linesforlife.org/content/training)

For more information or to find out how your organization can benefit from a training session, call 503.244.5211 or email [training@linesforlife.org](mailto:training@linesforlife.org)