

## VITALCOG® SUICIDE PREVENTION IN THE WORKPLACE

In this training, participants will engage in videos, group discussions, and practice to raise awareness and create a better understanding of their role in suicide prevention.

### **Onboard: Why the Workplace?**

- Discuss prevalence and reason why it is important to have conversations within the workplace
- Includes: video, group discussion

### **Develop: Identify Risk and Signs**

- Discuss risk factors and warning signs as they pertain to the workplace through the Joiner Risk Model
- Includes: video, group discussion

### **Perform: Conversations Around Suicide**

- Discuss the value (and necessity) in having direct conversations about suicide
- Includes: video, group discussion, practice

## TRAIN-THE-TRAINER CERTIFICATION PROGRAM

In this full day training, participants will learn the skills, tools, and knowledge to facilitate the training within their own organization. This training is designed for those who have an interest, commitment, and capacity to provide the 1-2 hour suicide prevention training in the workplace.

The training includes opportunity to learn more about the statistics and facts on suicide along with the impact on individuals, families, communities, and workplaces. Participants will be able to practice facilitation and learn from other trainers on best practices in delivering the program.

[www.vitalcog.com](http://www.vitalcog.com)

To learn more or schedule a training  
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**Suicide prevention** is personal, but it is also a public health issue, which affects work, communities, and families. By improving an employee's understanding of mental health and suicide prevention, they can be a key partner in the effort to prevent suicides by promoting mental health and encouraging early identification and intervention.

The **VitalCog® in the Workplace** program trains employees at all levels of an organization to appreciate the critical need for suicide prevention while creating an opportunity for open conversations and resources in the workplace. Our vision is to cultivate a workplace community of employees who are aspiring to the elimination of the devastating impact of suicide.

## STRATEGY AND APPROACH

1. Build a network of individuals to provide guidance on suicide prevention and intervention.
2. Provide evidence-based and relevant training to raise awareness, increase capacity, confidence and competence in suicide prevention, mental health support and resiliency.
3. Promote a culture to aspire to a “zero-suicide” mindset through safe and effective communication and engagement.

## GOALS

- To reduce stigma and raise awareness around mental health and suicide prevention
- To promote open dialogue around mental health wellness
- To encourage help-seeking and help-giving behaviors



### THE PROBLEM

Suicide rates **are highest** within working age adults



### THE SOLUTION

**You.** By understanding and engaging in suicide prevention

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## AFTER THE TRAINING, PARTICIPANTS FEEL

- Knowledgeable about suicide prevention
  - Confident talking about suicide and getting help
  - Likely to apply what they learned
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