

TALK SAVES LIVES  
Ryan Schools In-service Training  
8/11/2021@1 p.m.

Shared the Talk Saves Lives (TSL) curriculum with 25 staff. TSL was created and copyrighted by the American Foundation for Suicide Prevention (AFSP).

Talk Saves Lives is AFSP's standardized, 45-60 minute education program that provides participants with a clear understanding of this leading cause of death, including the most up-to-date research on suicide prevention, and what they can do in their communities to save lives.

Participants will learn common risk factors and warning signs associated with suicide, and how to keep themselves and others safe. The standard Talk Saves Lives presentation is also available in Spanish.

Topics covered include:

- **Scope of the Problem:** The latest data on suicide in the U.S. and worldwide
- **Research:** Information from research on what causes people to consider suicide, as well as health, historical, and environmental factors that put individuals at risk
- **Prevention:** An understanding of the protective factors that lower suicide risk, and strategies for managing mental health and being proactive about self-care
- **What You Can Do:** Guidance on warning signs and behaviors to look for, and how to get help for someone in a suicidal crisis

Participants were encouraged to complete the feedback form at:

[www.surveymonkey.com/r/TSL\\_Participant](http://www.surveymonkey.com/r/TSL_Participant)

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