

# Be Sensitive, Be Brave: Suicide Prevention

## A Foundational Guide to Suicide Prevention

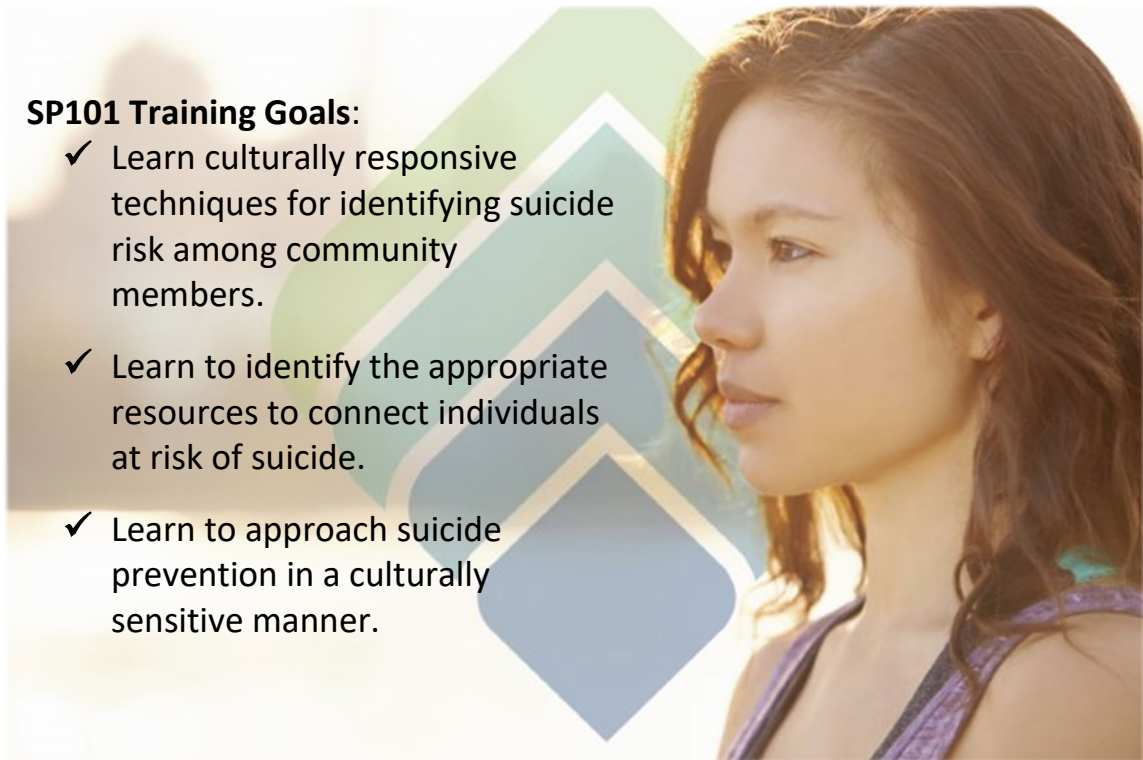
“Suicide Prevention 101: Be Sensitive, Be Brave” is foundational workshop in suicide prevention that teaches community members to act as eyes and ears for suicidal distress and to help connect individuals with appropriate services. Workshop participants will learn to recognize suicide risk, how to ask individuals if they are thinking about suicide, and connect them with help. This workshop will also discuss navigating conversations about suicide across diverse populations, with the aim of equipping community members to be culturally responsive within their communities.

### SP 101 Training Outline:

1. Identify signs of suicide
2. Practice sensitively and confidently asking individuals if they are considering suicide
3. Learn how to connect individuals at risk of suicide with the appropriate resources and community supports
4. Learn to approach suicide prevention in a culturally sensitive manner

### SP101 Training Goals:

- ✓ Learn culturally responsive techniques for identifying suicide risk among community members.
- ✓ Learn to identify the appropriate resources to connect individuals at risk of suicide.
- ✓ Learn to approach suicide prevention in a culturally sensitive manner.



For more information or to request a training, please contact:  
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