

## Core Beliefs

**Support and education should be accessible regardless of race, ethnicity, gender identity, sexual orientation, religion, income and existing knowledge about mental health.**

- **All of our trainings and programs are free for attendees**
- **We create collaborative presentations that promote multiple ways of knowing and healing**
- **We practice and support anti-racism approaches to community well-being**
- **We foster continuous learning in ourselves and the community**

**...and above all, we believe recovery is possible for everyone!**

### **Holding Each Other Up; QPR Suicide Prevention Training**

QPR is an educational program designed to teach any individual in the community on how to recognize the warning signs of suicide and how to respond effectively. The Holding Each Other Up version is embedded with SE Alaska Traditional Values. QPR trainings can be customized for different audiences. **(3-4 Hours)**

### **Applied Suicide Intervention Skills Training (ASIST)**

LivingWorks ASIST is a workshop where you'll learn how to prevent suicide by recognizing signs, providing a skilled intervention, and developing a safety plan. **(2 Days)**

### **Suicide Safety Planning Workshop**

A Suicide Safety Plan is a written plan for what to do when someone is in a crisis. These can be made with a loved one or for yourself. The plan will list out steps and ideas, such as making the environment safe, to reduce suicide risk. **(2 Hours)**

### **Positive Protective Factors**

A presentation for participants to discuss how connection to others, expressing identity, and caring for yourself can help to keep you mentally healthy. **(1 Hour)**

### **People Sharing Their Lived Experience with Mental Health and/or Suicide Attempts**

The purpose is to reduce stigma and promote a greater understanding through lived experiences and helpful ways of living well with mental health issues. **(60-90 min.)**

### **Signs of Suicide**

A presentation to youth about the warning signs of suicide within themselves and others, and how to get help within their schools/personal life. **(1-2 Hours)**

*Creating a Community Where All Individuals Have a Sense of Belonging,  
Connectedness to Others, and Value Their Lives*