

Mental Health Awareness and Suicide Prevention Training

Someone you know may be experiencing a mental health or substance use challenge. This training provides the knowledge and skills to recognize and understand signs and symptoms and reach out and provide initial help and support.

This training will focus on adults working with youth, however, much of the information can be applied to help anyone, of any age.

In 2018, the rate of youth deaths in Nebraska due to suicide was 7.9 per 100,000 youth. For American Indian youth the rate was 19.0 per 100,000 and for Asian youth the rate was 13.1 per 100,000, reflecting to a major health disparity.¹

The 2018 Nebraska Risk and Protective Factor Student Survey (NRPFS) reported 16.1% of 8th grade students, 17.7% of 10th graders and 16.3% of 12th grade students had considered attempting suicide during the past 12 months.²

Data from the 2018 YRBS shows that 17.7% of students considered attempting suicide during the past 12 months; 12.7% male and 22.8% female.³

Become a Gatekeeper

Whether you're a parent, friend, neighbor, teacher, minister, healthcare worker, supervisor, police officer, advisor, caseworker, firefighter, or anyone in a position to help, YOU can recognize and refer someone at risk of suicide.

As a Gatekeeper, you will learn how to:

- ▶ Detect early warning signs that someone is considering suicide.
- ▶ Talk about the presence of suicidal thoughts and feelings.
- ▶ Use referrals to connect someone to local resources/988 for services.
- ▶ Help improve someone's outcome through early detection and treatment.



Mental Health Awareness and Suicide Prevention Training -
March 1st from 8:30am to 3:00pm



Training Details:

Saturday, March 1, 2025 from 8:30am to 3:00pm

LUNCH WILL BE PROVIDED (You must register for the training)

Sheridan Lutheran Church (6955 Old Cheney Rd, Lincoln, NE 68516)

Please complete the form (link below or by scanning the QR code) by February, 23rd.

[Registration Form Link](#)

¹ Nebraska Department of Health and Human Services. Vital Statistics. <http://dhhs.ne.gov/Pages/vital-records.aspx>

² Bureau of Sociological Research. Nebraska Risk and Protective Factor Survey (NRPFS). <https://bosr.unl.edu/nebraska-risk-and-protectivefactor-student-survey-nrpfss>

³ Nebraska Department of Education. Nebraska Youth Risk Behavior Survey. <https://www.education.ne.gov/csh/2016-17-ne-yrbs-results/>