

## Working Minds: Suicide Prevention in the Workplace

Date: 2010 (For resources, this is the publication date. For programs, this is the date posted.)



### Information

Type: Program/Practice, Education/Training Program

Organization: Helen and Arthur E. Johnson Depression Center (formerly Carson J Spencer Foundation)

Costs:

Train the Trainer is \$250 per person. Contact your local trainer for the cost of the two-hour training.

For further information contact Alex Yannacone at [Alexandra.yannacone@ucdenver.edu](mailto:Alexandra.yannacone@ucdenver.edu) [1] or 303-724-8768.

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Developed by the Carson J Spencer Foundation, the *Working Minds: Suicide Prevention in the Workplace* program consists of two trainings designed to help workplace administrators and employees better understand and prevent



suicide.

The 2-hour Working Minds Training gives participants the tools and skills to appreciate the critical need for suicide prevention while creating a forum for dialogue and critical thinking about workplace mental health challenges. The program builds a business case for suicide prevention while promoting help-seeking and help-giving.

The 8-hour Working Minds Train the Trainer gives participants the tools to deliver the 2-hour Working Minds Training in the community. After completing the course, trainers are able to give participants the tools to identify people at risk and respond to a crisis.

*Working Minds* was developed to address a gap in suicide prevention programming for those of working age. The toolkit was built on best practices and the insights of mental health service providers, human resource professionals, and top suicide prevention experts from across the country.

## Program Objectives

At the end of training, *Working Minds* participants will have:

1. Increased awareness of suicide prevention.
2. Increased capacity for dialogue and critical thinking about workplace mental health challenges.
3. Increased ability to promote help-seeking and help-giving in the workplace.

## Implementation Essentials

- Trainers should identify and include information about local mental health and related resources in their presentation.

## 2012 NSSP Objectives Addressed:

Objective 7.1: Provide training on suicide prevention to community groups that have a role in the prevention of suicide and related behaviors.

### Links within this resource

[1] <mailto:Alexandra.yannacone@ucdenver.edu>

[2] <https://www.coloradodepressioncenter.org/workingminds/>

Printed on 02/17/2020 from <http://www.sprc.org/resources-programs/working-minds-suicide-prevention-workplace>



# Suicide Prevention Resource Center

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The Suicide Prevention Resource Center at EDC is supported by a grant from the U.S. Department of Health and Human Services (HHS), Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Mental Health Services (CMHS), under Grant No. 5U79SM062297.

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