



AS+K Basic Suicide Prevention Training

AS+K? About Suicide to Save a Life is a best-practice-informed suicide prevention training designed for all community members.

Tuesday, November 19
1 - 2:30 p.m. | G-173

This suicide prevention program teaches lifesaving skills:

- Ask about suicide: recognize suicidal risks, thoughts and behaviors.
- Seek more information about the individual: their risk factors, warning signs and protective factors.
- Safety first!
- Securely limit access to lethal means.
- Know how and where to refer someone at risk to care.

AS+K? About Suicide to Save a Life:

- Intended to offer hope through positive action, not a form of counseling or treatment.
- Teaches the participants to recognize the warning signs, clues and suicidal communications of people in psychological distress and what action to take to prevent a possible tragedy.



Scan to register by Thursday, November 14.
Free to ACC students, faculty and staff.

.....
For more information, email: counseling@alvincollege.edu