

# Understanding Cultural Factors in Suicide Prevention

**LENGTH:** 6 hours or tailored for specific audiences

**AUDIENCE:** Any professional who provides services to high risk groups or who is involved in suicide prevention efforts. This may include: primary care providers, mental health and substance abuse treatment providers, social service agency staff, educators, faith organizations, and emergency services, as well as many others.

**LOCATION:** Your community

## WANT TO KNOW MORE?

Contact **The Connect Program**, NAMI NH at 603.225.5359 or via email at [info@TheConnectProgram.org](mailto:info@TheConnectProgram.org).

*Specialized and customized trainings, consultations, train-the-trainer services and conference presentations on suicide prevention and postvention are available.*

**It takes  
a  
community  
to prevent  
suicide.**



**ONLINE**

Training Professionals & Communities in  
Suicide Prevention & Response®

## UNDERSTANDING CULTURAL FACTORS IN SUICIDE PREVENTION

Suicide rates, attempts and risk factors vary by race and diverse cultures from white middle-aged men to GLBT youth to Pacific Islanders. Increasing understanding and sensitivity to these differences can improve suicide prevention efforts across all populations. Utilizing a foundation of current research and literature, and encouraging audience participation and dialogue, this training explores and considers race, ethnicity, age, gender, sexual orientation/identity, and military culture. Through an in-depth presentation and discussion of cultural characteristics, this workshop provides important insights into culture-specific risk factors and help-seeking behaviors and examines the implications for engagement, prevention and treatment.

### WHAT PARTICIPANTS WILL GET FROM THE TRAINING:

- A clear understanding of cultural competency/effectiveness
- An appreciation of stigma and how it affects different cultures
- A review of several high-risk ethnic groups, the cultural attributes that increase suicide risk for these groups, and the implications for help-seeking and treatment
- Examination of suicide risk among middle-aged white men and older adults
- Exploration of studies regarding GLBT youth and factors that increase suicide risk
- An assessment of cultural protective factors
- A review of how cultural factors (family, religion, etc.) impact suicide rates and access to mental health care
- Skills to recognize cultural risk factors and take positive action steps to effectively promote help-seeking and mental health treatment among these high risk groups
- An understanding of the importance of cultural effectiveness to effective community-based suicide prevention efforts



National Alliance on Mental Illness

**New Hampshire**

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