

Connect Suicide Prevention Training for Young Adults



Young people entering adulthood are at increasing risk for mental health conditions, substance misuse and suicide. The Connect Suicide Prevention program addresses these concerns by educating and empowering young adults to learn about the challenges they face and about the effective options and resources to maintain a healthy and safe lifestyle.

Participants will learn a curriculum that they can then use to educate peers to support suicide prevention and promote help seeking and hope.

What participants will learn:

- How substance use, mental health, and suicide risk can impact individuals, families and community.
- How to recognize stigma and related barriers that hinder treatment and recovery.
- About the availability of community/state/national resources.

After the completion of this training, participants will be able to:

- Recognize the warning signs for suicide risk in an individual and be able to connect that person to community resources.
- Identify substance misuse issues in an individual and be able to talk openly with this person.
- Understand how mental health and substance misuse problems may contribute to greater suicide risk in an individual.
- Have a greater awareness of local and national substance use and suicide risk resources that can be accessed by individuals in need of treatment and seeking recovery.
- Lead the curriculum for other young adults.

Connect Young Adult

Length:

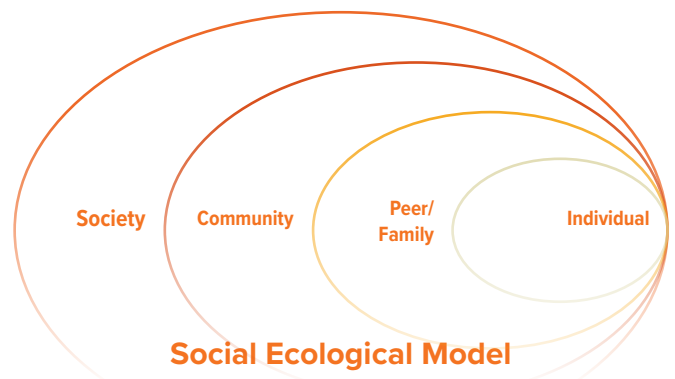
2 days

Audience:

Young adults ages 18 to 25.

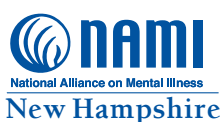
Location:

Your community or live online training.



Social Ecological Model

Using a holistic, socio-ecological model, Connect examines suicide in the context of the individual, family, community, and society.



For more information, contact The Connect Program
603-225-5359 or info@theconnectprogram.org

Connect is an internationally recognized program developed by NAMI NH