

Suicide Risk Assessment

Workshop Outline

Description

Suicide is among the leading causes of death for Canadians. No one is immune to its impact and devastation. Suicide transcends all age, gender, socio - economic and cultural boundaries. This presentation focuses on helping participants to dispel common myths about suicide, identify suicide risk factors, employ a risk assessment tool, understand when intervention is necessary, as well as discuss how to create and maintain a support network. Support Networks are **key tools** for those at risk, for caregivers, for friends and family of those at risk as well as individuals whose lives are forever changed by the loss of a loved one to suicide.

Presentation Topics

- ✦ Suicide myths versus facts
- ✦ Suicide Risk Factors
- ✦ Risk Assessment Formula
- ✦ Linear Intervention Model
- ✦ Development of a Support Network
- ✦ Exploration of self -care

Learning Outcomes

Upon completion of this presentation participants will be able to:

- ✦ *Identify* myths versus facts about suicide
- ✦ *Analyze* and understand risk factors for suicide
- ✦ *Assess* the level of risk (lethality) for a person who may be suicidal
- ✦ *Aid* in the development of a support network for self and others
- ✦ *Apply* a personalized plan of self - care!



To address the preferred learning styles of the participants, Distress Centre Durham workshops and presentations are delivered using a flexible combination of:

- ✦ Multimedia
- ✦ Interactive Discussion
- ✦ Group Work
- ✦ Case Studies and / or Role Plays