

AS+K?

Ask About Suicide
To Save a Life™

Texas Suicide Prevention Council's **AS+K? About Suicide to Save a Life** is a best practice informed suicide prevention curriculum.

This suicide prevention program teaches lifesaving skills:

- **A**sk About Suicide: Recognize suicidal risks, thoughts and behaviors.
- **S**eek More Information About the Individual: their risk factors, warning signs and protective factors
- **S**afety First!
- **S**ecure Access to Lethal Means
- **K**now How and Where to Refer someone at risk to care

Like CPR or the Heimlich maneuver, the fundamentals of **AS+K?** are easily learned. And like CPR and the Heimlich maneuver, the application of **AS+K?** may save a life.

AS+K? About Suicide to Save a Life:

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

Workshops are approximately 2.5 hours in length and have a capacity around 25 participants.

Workshops are open to any interested individuals, faith based groups, professionals, or community groups. You may register individually or schedule an **AS+K?** workshop for your group.

For more information contact: