

Online youth suicide prevention training



Be ready to help address mental health concerns in the young people in your life.

Courses available



- At-Risk for Early Childhood Educators
- At-Risk for Elementary School
- At-Risk for Middle School
- At-Risk for High School
- Step-In, Speak Up! (support for LGBTQ students)
- Building Respect: Bullying Prevention in Schools
- Resilient Together: Coping with Loss at School
- Trauma-Informed Practices for K12 Schools
- Transitions: Supporting Military Children
- Friend2Friend (for high school students)

Kognito's research-based lessons are for adults who work with children and young people.

The online role-play courses teach how to recognize when a young person is showing signs of distress, how to talk with them, and how to connect them with support.

In this group of ten free, online simulations, users enter a virtual environment and work through situations with children and youth. The interactive portion allows users to choose virtual responses and actions. Through practice and personalized feedback, users can learn how to talk with their loved ones about mental health concerns.

Although the training simulations are based in a classroom, the information and practice skills learned are relevant across many settings. These trainings can be paused and taken in more than one sitting.

Visit <http://kognito.com/fairfax> to take a training.



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Community Services Board



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