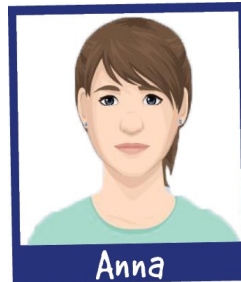
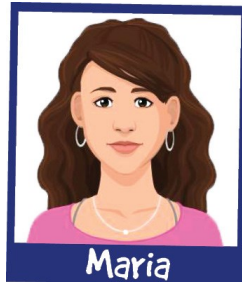


# Youth Suicide Prevention Training

[www.fairfaxcounty.gov/community-services-board](http://www.fairfaxcounty.gov/community-services-board)

One of these young people is at risk for suicide.



*How can I help someone I'm worried about?*

Fairfax County's **Youth Suicide Prevention Training** includes four free online simulations that prepare educators and other adults in our community to:

- Recognize when a young person is exhibiting signs of psychological distress, and
- Talk with the young person to be able to connect them with appropriate support.

The online trainings allow participants to enter a virtual environment and assume the role of an adult interacting with a young person. Unlike many online trainings, these are interactive and dynamic with actions you choose to move the scenario along, and participants receive real-time feedback on how well they are doing. Participants learn how to differentiate between "normal" and "at-risk" behavior and how to begin a conversation about the topic of mental distress. The courses are offered to anyone in the community, free of charge. Each training can be done in more than one sitting.

**at-risk**

***At-Risk for Elementary School, At-Risk for Middle School and At-Risk for High School*** are each one-hour online trainings to help concerned adults support youth who exhibit signs of psychological distress, including thoughts of suicide.

**Step In Speak Up!**

***Step In, Speak Up!*** is a 30-minute online training to help concerned adults support youth who may be struggling due to harassment or exclusion related to sexual identity, sexual orientation or other differences.

The training simulations are classroom-based, but the information and practice skills can apply in many settings and are useful for anyone who works with youth including parents, school staff, scout leaders, coaches, faith communities, and more.

To take one or all of the trainings, visit [www.fairfaxcounty.gov/community-services-board](http://www.fairfaxcounty.gov/community-services-board).

**Youth Suicide Prevention Training is provided as a service of the Fairfax-Falls Church Community Services Board and the Virginia Department of Behavioral Health & Developmental Services**

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**Community Services Board**

To request this information in an alternate format, call 703-324-7000, TTY 711.

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