

Suicide prevention in the workplace: New Skillsoft course for CU employees ^[1]

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The workplace is an environment where we can all work together to prevent suicide.

Experts from the Colorado School of Public Health's (ColoradoSPH) Center for Health, Work & Environment (CHWE) have developed the Suicide Prevention in the Workplace course ^[3] to help individuals recognize the warning signs and risk factors of suicide in the workplace, and how to appropriately follow-up when there are concerns.

The course was created in partnership with the [Helen and Arthur E. Johnson Depression Center](#) ^[4] and CU Employee Services' Learning and Development department to help equip individuals at any level of an organization including leaders, managers, faculty, staff and student workers.

Available now through Skillsoft at no cost for university employees, this 1-hour, self-paced training can be completed online. At the end of this course, participants will be able to:

- Identify basic facts surrounding suicide in Colorado and the nation.
- Recognize key warning signs and risk factors of a suicide risk.
- Learn how to ask the question, listen, and be supportive regarding helping those who are contemplating suicide.
- Stabilize your workplace community in the aftermath of a suicide.

The training is also offered to employers across Colorado and nationally. "One thing I never want to say is that I might have been able to save someone's life if only I would have known the resources, tools, script, warning signs etc. I am grateful to have furthered my knowledge to help prevent that from ever happening," said one learner.

"This training is so important," said David Shapiro, senior manager, programs and partnerships at CHWE. "It brings the topics of mental health and suicide out of the darkness and provides easy-to-understand and practical skills on how to notice, talk, and act in real-life situations. Anyone who cares about their colleagues should take this training."

[Take the free Suicide Prevention in the Workplace course.](#) ^[3]

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