

Mental Health/Suicide Prevention– Course Catalog



MH/SP Risk Factors

Course Significance:

For those working with seniors, this course will present key factors that are contributors to suicide and suicidal ideation among that population.

Learning Objectives:

At the end of the course, you will be able to:

- Understand the key factors that contribute to suicide and suicidal ideation among the elderly.
- Learn how to promote and advocate for accessible mental health resources.
- Be able to understand that: physical illness, familial issues, financial issues, and hopelessness contribute to suicide and suicidal ideation among the elderly.
- Understand the difference between urban and rural suicide incidents among the elderly.



MH/SP Suicide Among the Elderly

Learning Objectives:

At the end of the course, you will be able to:

- Define suicide, suicide attempt and suicide ideation
- Describe the reasons why many seniors attempt suicide
- Describe the impact of suicide and suicide attempts on other people
- Describe ways to support people at risk of suicide

Course Significance:

Why should you care about suicide among the elderly? Because the highest suicide rates are among the oldest Americans. And every suicide affects a large circle of people. Knowing the causes and risk factors of suicide can help you to identify clients who are at risk and possibly help prevent suicide attempts.



MH/SP Risk and Protective Factors

Learning Objectives:

At the end of the course, you will be able to:

- Identify individual, relationship, community, and societal risk factors for suicide
- Identify individual, relationship, community, and societal protective factors for suicide
- Identify the warning signs of suicide
- Describe the action steps for helping someone in emotional pain

Course Significance:

Family, friends, neighbors, or the clients that we serve may commit or attempt suicide. Knowing the risk factors and warning signs can help us as we put in place protective factors or try to help someone in emotional pain.



MH/SP Disparities in Suicide

Learning Objectives:

At the end of the course, you will be able to:

- Describe what “social determinants of health” are
- Recognize the risk factors that impact suicide rates
- Determine which risk factors may be impacting the people you deal with

Course Significance:

Suicide and suicide attempts are serious public health challenges that can have emotional, mental, physical and economic consequences. Knowing the social determinants of health and other risk factors that lead to high rates of suicide can help you to recognize individuals or groups who might be at risk of attempting suicide.



MH/SP Depression

Learning Objectives:

At the end of the course, you will be able to:

- Define depression
- Describe the signs and symptoms of depression
- Describe the ways people often cope with depression

Course Significance:

Suicidal behavior is complex and there is no single cause, but among the main risk factors is depression. It is important to know about depression when looking at suicide attempts among the elderly. Knowing the signs and symptoms of depression can help to identify those who can be helped with the appropriate intervention.



MH/SP Suicide and Food Insecurity

Learning Objectives:

At the end of the course, you will be able to:

- Recognize that food insecurity can lead to both physical and mental health issues
- Recognize which mental health issues are associated with both food insecurity and suicide ideation
- Discuss the possible relationships between those mental health changes and suicide ideation

Course Significance:

Is there a correlation between food insecurity and suicide? For those who work with many food-insecure individuals, this is an important topic. While we feel that we know the impact of food insecurity and poor nutrition on physical health, the impact on mental health is less clear. This course explores the interconnections.



MH/SP Gender Paradox

Learning Objectives:

At the end of the course, you will be able to:

- Recognize the five D's of late life suicide
- Describe the gender differences in sharing suicidal thoughts
- Recognize the different mechanisms of suicide attempts by gender and the success rate of the mechanisms

Course Significance:

Men die by suicide far more than women, but women think about and attempt suicide more than men. This is the gender paradox explored in this course. Knowing the differences can help us to understand the different warning signs so that we can help prevent these deaths.



MH/SP Farmers and Ranchers

Learning Objectives:

At the end of the course, you will be able to:

- Recognize the unique stressors that threaten the mental health of farmers and ranchers
- Describe the differences in suicide rates among farmers and ranchers by age and gender
- Describe the mechanisms of suicide most frequently used by farmers and ranchers

Course Significance:

Suicide rates among elderly farmers and ranchers are shockingly high. Why is that? If you work with a rural population, you will want to explore that topic in this course.



MH/SP Lived Experiences

The MH/SP Lived Experiences Course is a series of videos of what are known as lived experiences. These are videos of people who have first-hand knowledge because of a personal experience with suicide or suicidal ideation. These people have a unique experience and perspective about these issues of mental health and suicide. Listen, watch, and understand what suicide and suicidal ideation can mean to an individual, a family, and a community.