



The Kalamazoo County Suicide Prevention Action Network (SPAN) and their community partners are inviting all professionals in healthcare, education, and mental health to a countywide suicide prevention challenge.

The Suicide Prevention Action Network (SPAN) launched a community wide coalition in 2018 and developed the Kalamazoo County Suicide Prevention Plan with eight goals for reducing suicide deaths in Kalamazoo County. This community collaboration invites everyone to the table to help reduce suicide.

Over the past 3 years, Kalamazoo County has experienced an average of 45 suicide deaths each year and the number of those who consider or attempt suicide is even greater. Suicide is the 2nd leading cause of death in youth aged 10-24 and the 10th for adults aged 25+. There is hope, help, and healing available to all who are struggling.

Reducing access to lethal means for people at risk of suicide is one of SPAN's current priority goals. To help achieve this goal, SPAN is challenging all helping professionals to take part in an educational initiative called "Counseling Access to Lethal Means (CALM)". Discussing lethal means restriction with families and with individuals who are at risk of suicide is often a difficult discussion but is crucial to ensuring safety in a crisis and offering concrete interventions that could save a life.

To participate in the challenge, take the *FREE* online course, "Counseling Access to Lethal Means (CALM)", created by the Suicide Prevention Resource Center (SPRC). This self-paced training takes an average of 1-2 hours to complete.

Once you complete the training, let us know! Show your completion by taking a photo with your certificate and post it to social media using the #TalkAboutItSaveALife or email a copy of your certificate to SPAN. The first 100 individuals who complete the CALM course will receive a free SPAN bag with suicide prevention materials. In addition, all completed entries will be entered into a drawing for a chance to win one of two \$50 Target gift certificates. Entries must be submitted by February 14th, 2021.

If you or someone you know is experiencing thoughts of suicide, call (269) 381-HELP.

Sign up to be a part of the solution here: <https://zerosuicidetraining.edc.org/enrol/index.php?id=20>

Completed certificates can be emailed to Ashley Kipp at akipp@gryphon.org

SPAN would like to thank and recognize their community partners.

Gryphon Place ☯ Integrated Services of Kalamazoo ☯ Family & Children Services ☯ Ascension Borgess ☯ Bronson Healthcare Systems ☯ ASK Family Services ☯ Battle Creek VA Medical Center ☯ Chosen, PLLC ☯ Harding's Friendly Market ☯ Kalamazoo County Area Agency on Aging ☯ Senior Services ☯ Kalamazoo Regional Education Service Agency ☯ Western Michigan University ☯ Equality Michigan ☯ Kalamazoo Public Safety

Talk about it; Save a Life

Vision – Our vision for Kalamazoo County is zero suicide

Purpose – We are the agents of change who drive and monitor the Kalamazoo County Suicide Prevention Plan across the county