

I CAN HELP

Suicide Risk Reduction and Basic Needs Education to Support Student Success

Content Overview

I CAN HELP is a Wellbeing Ambassador training program designed for Higher Education faculty, staff, students offering empirically-grounded tools to support campus-wide health, safety and retention in under 4 hours, covering the following:

Inhale: Is my/your/our breathing and mindset balanced	I
Who are we serving? This section includes data on mental health: national trends * regional differences * barriers to accessing care student mental health statistics * food insecurity and other basic needs	<i>Data</i>
Compassionately: Could you be feeling _____, because _____?	C
Ask: Are you thinking about suicide?	A
Now: Now tell me, how much time do we have to get you help?	N
Why do people die by suicide and research on how best to intervene: Three Step Theory (3ST) * progression from ideation to attempts alignment of suicide risk reduction with student success and retention	<i>Theory</i>
Hope: How can I help you feel more hopeful?	H
Engage connections: Explore with me, who else knows, or who could you tell?	E
Lessen suffering: Let's imagine a world where you suffer less; how would it look?	L
Promote a safer environment: Please, can we do some safety planning?	P
Where can get more information? Participants are provided handouts on referral sources, key research articles and other additional reading suggestions including an I CAN HELP quick reference sheet.	<i>Resources</i>

