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**

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

**Compassionately: Could you be feeling ____________, because ______________?**

**Ask: Are you thinking about suicide?**

**Now: Now tell me, how much time do we have to get you help?**

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

**Hope: How can I help you feel more hopeful?**

**Engage connections: Explore with me, who else knows, or who could you tell?**

**Lessen suffering: Let’s imagine a world where you suffer less; how would it look?**

**Promote a safer environment: Please, can we do some safety planning?**

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.

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