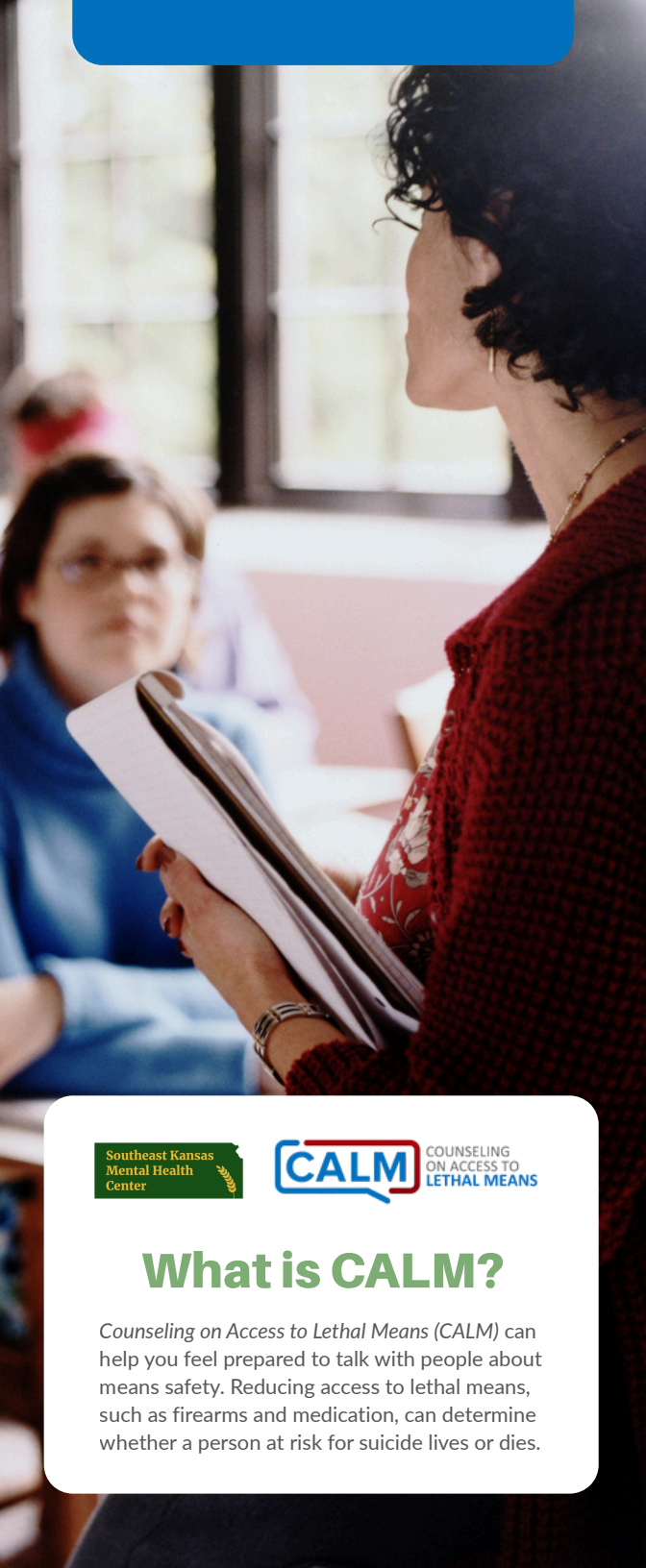




What is CALM?

Counseling on Access to Lethal Means (CALM) can help you feel prepared to talk with people about means safety. Reducing access to lethal means, such as firearms and medication, can determine whether a person at risk for suicide lives or dies.

Two CALM Trainings FOR EVERY SETTING

CALM Clinical

CALM Clinical Workshops are designed to introduce those providing counseling services to means safety and teach them how to plan for, initiate, and carry out effective conversations with clients and their families.

What Makes CALM Clinical Different?

- For those providing counseling services
- 30 participants in person or virtually
- Typically four hours.
- Include opportunities to practice using the strategies and language

CALM Conversations

The effectiveness of CALM is not limited to clinical interactions. Many people at risk for suicide do not ever seek or receive formal mental or physical health care for their issues. Fortunately, CALM strategies can be implemented by ***anyone concerned about a relative, friend, or coworker.***

These workshops add specific CALM strategies to typical gatekeeper training and also offer participants the opportunity to observe and practice the techniques.

If your work connects you with people who might be struggling—***this 90 minute training is for you.***

Who We Serve

We train professionals and organizations involved in suicide prevention, safety planning, and crisis response, including:

- *Mental health and medical professionals*
- *Peer supporters and paraprofessionals*
- *Human service and social work teams*
- *Schools, colleges, and youth programs*
- *Community-based organizations and nonprofits*
- *First responders and public safety agencies*

