

# Training Resource Packet for Suicide Prevention in Primary Care Settings

Pain Isn't Always Obvious

**KNOW  
THE SIGNS**  
suicideispreventable.org

Primary care, especially in rural and urban settings, is where patients come for most, if not all, of their medical needs. These needs often include mental health services, treatment, or referrals. However, Primary Care offices often feel unprepared to address mental health needs--especially when it comes to suicide.

As part of statewide efforts to reduce suicides and increase access to mental health services, the “Know the Signs” campaign developed a training model to help engage primary care offices in suicide prevention. The information contained within the packet is based on the “Suicide Prevention Toolkit for Rural Primary Care Practices”, created in collaboration by the Suicide Prevention Resource Center (SPRC) and the Western Interstate Commission for Higher Education (WICHE) and is adapted from a model administered by the San Diego County Health and Human Service Agency in San Diego County.

The packet includes:

- A suicide prevention training curriculum (PowerPoint and talking points) intended for the entire office staff in a primary care setting
- Handouts and templates to support planning, implementation and evaluation of the training
- Sample letters and fliers to promote the training
- A copy of the “Suicide Prevention Toolkit for Rural Primary Care Practices”

*The entire packet can be downloaded from the Resource Center of  
Your Voice Counts at [www.YourVoiceCounts.org](http://www.YourVoiceCounts.org)*



Know the Signs >> Find the Words >> Reach Out

[suicideispreventable.org](http://suicideispreventable.org)

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