



Take A Few Minutes to

## CALM

A training on Counseling on Access to Lethal Means

Suicide is the second leading cause of death for young people ages 15 to 44 in New Hampshire and the eighth leading cause for those of all ages. Preventing these suicides is a very complex puzzle that requires all of us to work collaboratively to complete the picture. One piece of that puzzle that has proven to be effective is to **reduce access to lethal means** – particularly firearms and medications. This workshop addresses why and how to do this, focusing on the steps below. The workshop includes PowerPoint presentations regarding why CALM is important, a model videotaped counseling session, plus time for discussion.

Four specific CALM steps:

1. Explain that you believe that the individual or a family member is at risk for suicide and why you have made this determination.
2. Explain that they can reduce the risk by reducing access to lethal means.
3. Discuss specific steps they can take to remove or at least reduce access to firearms, medications, and other lethal means.
4. Make this part of a more comprehensive suicide prevention strategy.

**Please join us for a CALM Workshop**

**Date: Wednesday, September 28, 2022**

**Time: 10am to 12pm**

**Location: Live Virtual Training (Zoom)**

**There is no cost for this workshop. Participants from North Country, Carroll County and Capital Region are prioritized due to GLS Grant requirements.**

**Register in advance, as spaces may fill prior to the day of training:**

<https://naminh-org.zoom.us/meeting/register/tZlSduyqrToqGtZbBt41tuu58lI2z9EyXePs>

***Some people who have experienced a recent loss find attending a training to be difficult. Remember that your own self-care comes first. This training is for individuals over the age of 18.***

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