



# STOP SUICIDE

## NORTHEAST INDIANA



### LEARN HOW TO USE THE C-SSRS!

The Columbia - Suicide Severity Rating Scale (C-SSRS) or "The Columbia" empowers communities, families and individuals to identify people who are at risk of suicide and prevent tragedies before they happen. It tells the user whether a next step is needed, and recommends steps to help someone stay safe from suicide.



#### SIMPLE

You can ask as few as two to six questions, with no mental health training required to ask them



#### FREE

The screener is available at no cost.



#### EFFICIENT

Using the scale redirects resources to where they are needed most, preventing unnecessary interventions that are often costly, traumatic, and lead to disengagement from needed care. The C-SSRS provides evidence-based thresholds to connect to the right level of care



#### EFFECTIVE

Experience shows that the scale uniquely identifies those who would otherwise be missed



#### EVIDENCE-SUPPORTED

Many studies have proven it's reliability and validity; the Columbia effectively identifies who is most at risk

### TRAINING INFORMATION:

#### Regular C-SSRS Training (virtual):

January 31st, 10:00 a.m.- 11:30 a.m., March 20th, 12:30 p.m.- 2:00 p.m., June 7th, 12:00 p.m.- 1:30 p.m., October 19th, 9:00 a.m.- 10:30 a.m.

Register: <https://bit.ly/C-SSRSTraining>

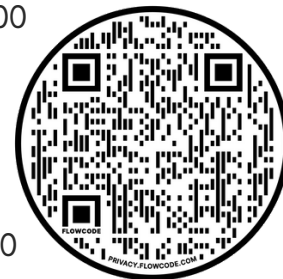
(\$15 if live/work in Northeast IN, \$25 outside of Northeast Indiana)

#### C-SSRS Train-The-Trainer Course (virtual):

February 23rd, 9:00 a.m.- 11:30 a.m., May 12th, 1:00 p.m.- 3:30 p.m., August 15th, 9:00 a.m. - 11:30 a.m., November 8th, 1:00 p.m.- 3:30 p.m.

Register: <https://bit.ly/C-SSRSTTI>

(\$25 if live/work in Northeast IN, \$35 outside of Northeast Indiana)



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