

NEBRASKA STATE SUICIDE PREVENTION COALITION



Welcome to another issue of the [Nebraska State Suicide Prevention Coalition](#) newsletter! We encourage you to forward this to friends and colleagues by clicking on the link at the bottom of the page.

We hope you find this informative and that you enjoy the stories we've included this issue. As always, check out our [website](#) for more information.

Nebraska Training Resources

Nebraska Suicide Prevention Week will be held between September 12-16. To stay updated on the events for this week, visit our [calendar](#).

[Youth Suicide Prevention Webinar](#), "Postvention" presented by the Nebraska LOSS Team on October 18, 2011 at noon Central Time. Registration and participation is free.

[Gatekeeper Training](#) using the QPR© training program.



Spotlight: Ask A Question, Save A Life

Suicide is a preventable public health challenge that impacts all ages. Simply talking about suicide with someone you think is at risk can help save a life. Bringing this sensitive subject to light is the mission of a new program, co-produced by BryanLGH Mental Health Services and NET Television.

This program will look at three groups at high risk for suicide: youth (suicide is the second leading cause of death for young people in Nebraska), the military and older adults. BryanLGH Mental Health Services Manager David Miers, PhD, has contributed significantly to the program. He stresses that suicide is a threat that impacts all demographics, yet is preventable. "As people become more educated about suicide prevention, we can save more lives," he says. "There is a myth that if we talk about suicide, it will give someone the idea. This is indeed a myth. One of the best things we can do is to talk about it. Raising the question of suicide without shock or disapproval shows that you are taking the person seriously and responding to their pain."

"Ask A Question, Save A Life," will air Thursday, September 8 at 8 p.m. on

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Upcoming Events

September 8, 8:00 PM: "Ask A Question, Save A Life" airs on NET

September 10, 9:00 AM: [Suicide Awareness Walk](#), Grand Island, NE

September 23, 1:00 PM: [NSSPC Meeting](#), Lincoln, NE

October 6, 9:30 AM: [National Depression Screening Day](#)

October 16, 12:00 PM: [Youth Suicide Prevention Webinar](#), "Postvention"

For more detail and a full listing of our upcoming events visit the NYSPP website:

[NYSPP Calendar](#)

2011 National Depression Screening Day (NDSD)

Screening for Mental Health, a nonprofit organization, will hold the 2011 National Depression Screening Day in Norfolk on October 6th during Mental Illness Awareness Week. [Click here](#) to view the flyer. Many community-based organizations nationwide will host a fair-style event or offer an online screening that will give ordinary people access to a validated

NET Television.



"Ask a Question, Save a Life" Preview

mental health screening questionnaire and local referral information for treatment. The more organizations that participate in NDS, the more people take the first step toward healing. If you are interested in hosting and NDS event, [click here](#) to access the registration form. If you would like to register nationally, please follow [this link](#).

2011 National LOSS Conference



The 2011 National LOSS Conference was held at Bryan LGH in May. The speakers included (left to right) Terri Marti, MD; Dave Miers, PhD; Barb Scholz; Don Belau, PhD; and keynote speaker, Frank Campbell, PhD. Thank you to all the speakers, attendees, and organizations who made this conference a success!

Free Online Training Opportunity!

"Treating the Invisible Wounds of War (IWW)" is a free on-line training series where you can develop a better understanding of the culture in which Veterans and their Families live, and learn how to properly identify, assess and treat the unique behavioral health issues that result from the trauma of war. The on-line courses cover Posttraumatic Stress Disorder, Traumatic Brain Injury, issues of women returning from combat, and a primary care approach. Please complete the Invisible Wounds of War course and provide the specialized care our Soldiers and their Family Members need and deserve by [clicking here](#).



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