

Mathias Counseling & Consulting

helping you make sense of life

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Suicide Prevention Is Everyone's Business!

Mathias Counseling and Consulting offers several programs to share information about suicide prevention.

"How Can We Help Prevent Suicide?"

A Program for the Community

Suicide is a major cause of death in all age groups in Indiana and the second leading cause of death in our young people. Yet, it is very preventable. What are the warning signs, clues and communications of suicidal people? What are the risk factors? Protective factors? What can we do if we suspect someone is considering suicide, regardless of age?

This one-hour program for businesses, faith-based and philanthropic organizations, and parent groups offers suicide awareness, education, and insight about this very difficult topic. Knowledge is power! Be a part of suicide prevention!

Contact Carlabeth to schedule a program for your group or organization!

"Preventing Youth Suicide: What Can I Do to Help?"

A Program for Educators

Teachers, counselors, administrators, school safety officers, support staff and others who work with students in schools are in a unique position to help students who may be having suicidal thoughts.

This 60-90 minute program educates your school staff on the warning signs, risk factors, and protective factors for youth suicide, as well as how your staff can help. This is a perfect opportunity to discuss the responsibilities of school employees and the procedures you wish for them to follow if they suspect a student may be considering suicide.

Give your staff the awareness and information they need to best serve your students by contacting Carlabeth to schedule your professional development training now.

Schools may wish to train their staff with QPR, a more in-depth approach . . . see below.



About Mathias Counseling and Consulting

Carlabeth Mathias, MS, LCSW, LMHC, is a Licensed Clinical Social

Worker in private practice. As an elementary school teacher and counselor for more than 30 years, she has extensive experience with children and families facing challenges in their lives, as well as children and adolescents with emotional and behavioral difficulties, mood disorder, ADHD/ADD, autism spectrum disorder and grief issues. She provides individual and small group counseling and also serves as a consultant to schools, churches, and agencies. She is also a bully prevention specialist and is a certified instructor of QPR - Suicide Prevention. For more information or to schedule a program, please contact her at cemathias@mathiascounseling.com or visit www.mathiascounseling.com

QPR - Question, Persuade, Refer

Suicide Prevention "Gatekeeper" Training

QPR (Question, Persuade, Refer) is an evidence-based, SAMHSA-approved program that trains participants to recognize the warning signs, clues and communications of suicidal people, and to help them get the help they need. **QPR** is an approach that can be used by parents, teachers, coaches, pastors, neighbors, friends, or co-workers to help **anyone** who may be struggling. Not a form of counseling, it is a way to act vigorously to prevent a possible tragedy. Knowing **what** to do can make a significant difference!

Businesses, community groups, faith-based organizations, schools and parent groups. . . offer this 2-hour "Gatekeeper" training to equip your employees or members. Those who attend will leave with clear and concise information, QPR booklet, card with warning signs, methods to encourage a person to get help, and a list of resources.

Contact Carlabeth, a certified QPR instructor, **now** to schedule a time to bring QPR to your organization!

QPR is also approved by the Indiana Department of Education to fulfill the teacher licensing requirement for suicide prevention training.