

# CALM

## Counseling on Access to Lethal Means

October 19, 2023 from 9:00am — 12:00 pm

Location: 4715 South 132nd Street, Omaha, NE 68137

Suicide is the second leading cause of death for young people ages 15 to 34 in Nebraska and the ninth leading cause for those of all ages. We know that many attempters are as ambivalent about suicide as they are about life. 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 and role plays.

### Four specific CALM steps:

Explain that you believe that the individual or a family member is at risk for suicide and why you have made this determination

Explain that they can reduce the risk by reducing access to lethal means

Discuss specific steps they can take to remove or at least reduce access to firearms, medications and other lethal means

Make this part of a more comprehensive suicide prevention strategy

To Register: <https://www.eventbrite.com/e/696127063787?aff=oddtcreator>



If you have any questions, contact:

Jen Hazuka

Regional Consumer Specialist

(402) 591-5000



Behavioral Healthcare