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CHRIS 180 TO OFFER FREE SUICIDE PREVENTION WORKSHOPS

Sessions focus on ways to respond to those in our lives

ATLANTA, GA (Aug. 28, 2023) – As part of National Suicide Prevention Month in September, CHRIS 180 is hosting suicide prevention workshops throughout the month. These one to 1.5-hour sessions, facilitated by the CHRIS Training Institute, are free to the public thanks to a generous donation.

According to the [Centers for Disease Control](#), suicide is the 12th leading cause of death in Georgia and the third leading cause for Georgia children ages 5-17 in 2021. Deaths by suicide among youth have more than doubled between 2010 and 2020, according to [Voices for Georgia's Children](#), an organization that provides trained volunteer advocates to children in foster care.

“Suicide rates are continuing to increase across all age ranges. CHRIS 180’s goal is to provide training to as many people as possible so that we all know how to have a conversation with a child, teen or adult who you are concerned about or suspect may be thinking about suicide. We can save lives by giving people the knowledge and tools needed to ask questions in a simple yet effective way. People think they cannot help if they are not therapists but asking questions can lead to getting help. And any one of us can ask questions for people we are concerned about,” said Kathy Colbenson, LMFT, President & CEO of CHRIS 180. “We are very grateful to the donor who made this training possible. Knowing how to intervene and respond can save precious lives.”

CHRIS 180’s workshops will focus on three simple steps – question, persuade and refer – that anyone can use with someone contemplating suicide. QPR is a nationally recognized training program that is offered across the nation.

Free sessions are available for the public and specific audiences, including teachers, clergy and spiritual care leaders, parents, the LGBTQ+ community and workplace managers. Sessions are being offered multiple times throughout the month, and you can register for the topic and time that work best for you.

For more information or to register for a class, visit <https://chris180.org/qpr/>.

About CHRIS 180

Atlanta-based nonprofit CHRIS 180 was founded in 1981 and provides life-changing trauma-informed behavioral health services and wraparound support to children, adults, families and communities that empowers them to change the direction of their lives. Over more than 40 years, the organization has worked with more than 100,000 clients to build resilience and heal from trauma, while becoming a well-respected leader in child welfare and a thought leader in

supporting underserved and traumatized communities across Metro Atlanta. For more information, visit CHRIS180.org.