

Suicide Awareness was developed by and for SC FAST to educate First Responders on an awareness level understanding of suicide. Education, prevention and understanding the aftereffects of civilian and first responder suicide. Sharing current data on first responder suicide, what may cause it and the responsibility we have to ourselves and each other. Learning the signs to watch for in themselves and others to help prevent suicide empowers students to meet the challenges of our lives on and off the job when it comes to suicide. Spending class time learning of risk factors and protective factors is an important piece of caring for yourselves and others. The class will offer simple to use tools for surviving the trauma all first responders witness either first or second hand.