



Recognize Respond Refer

Supporting mental health and preventing suicide at UW

Post-Training Reflection Guide

Thank you for completing Recognize, Respond Refer: Suicide Prevention Training! You are invited to use this guide as a starting place for individual reflection and/or group conversations after participating in the training. Below are questions to support you in debriefing the training and connecting the content to your work with students.

We encourage facilitators to use these guidelines during any group discussions:

- Use an opt-in/challenge by choice participation policy.
- Allow time for individual reflection as well as group discussion.
- Share mental health resources as a part of the discussion.

What?

Describe your observations and experience with the training.

- What are your top 1–3 takeaways from the training?
- What do you feel more confident or knowledgeable about?
- What do you feel uncertain about or what questions do you have?

So What?

Explore the significance of this topic to you.

- Why is this kind of training important for you (as an individual or as a group)?
- How do you see suicide prevention and/or supporting students who are struggling with their mental health as related to or a part of your role on campus?
- What factors are relevant among the students that you work with? Is there anything unique about the culture or environment that impacts student mental health and/or how you can support students?
- Was there anything from the training that surprised you? Anything that challenged your prior understanding of the topics covered?

Now What?

Plan your next steps.

- What next steps are important for you to take to apply what you've learned? What additional support is needed to do that?
- Is there anything you might do differently in your work with students? Is there anything your group should consider doing differently going forward?
- What additional conversations should happen? With whom?
- What questions do you still have? What would you like to learn more about?