



# EMS Natural Allies

## Suicide Prevention Training\*\*

This free 6-hour virtual Zoom session is led by trained Emergency Health Services - Alberta personnel and tailored to the EMS environment. Learn how you can help prevent suicide and support your personal connections (co-workers, friends, family,) who may be struggling.

- R** Recognize suicide risk and protective factors.
- E** Engage in safe conversation and listen with empathy.
- A** Ask directly about suicide with care and calm.
- C** Connect the person to supports and resources.
- H** Heal our own mental health and well-being.

## Register now!

All sessions run 0900hr to 1500hr

- [December 15, 2025](#)
- [December 19, 2025](#)
- [January 8, 2026](#)
- [January 20, 2026](#)
- [February 3, 2026](#)
- [February 23, 2026](#)
- [March 5, 2026](#)
- [March 17, 2026](#)



Together, we can prevent suicide.

\*\* Training is open to all registered members of the Alberta College of Paramedics and eligible for 18 CE credits.



Emergency Health Services - Alberta



Contact us:

[EMSEmployeeWellness@emergencyhealthservices.ca](mailto:EMSEmployeeWellness@emergencyhealthservices.ca)

## Instructions:

This training is delivered virtually through the Zoom platform.

3 Steps to Register:

1. Click your preferred training date on the poster.
2. Fill out the ZOOM form to have your unique meeting link emailed to you. You must provide your **exact name used to register with the Alberta College of Paramedics and registration number (RO)**.
3. Due to the sensitive nature of this training, to help ensure the safety and well-being of all participants, and to encourage interaction and engagement, a **functioning webcam and microphone are required** to complete this training. Please test your equipment prior to your training date to ensure functionality.

If the minimum number of participants is not met by the registration deadline, the course will be cancelled and you will be notified to register for an alternate session.

## Course Description:

This course is designed for EMS personnel who want to learn the basics about suicide and how to support people in their personal lives—such as family, friends, and coworkers—who may be dealing with suicidal thoughts. It is not intended for healthcare professionals seeking training on formal suicide screening, risk assessment, long-term management, or specialized treatment. Additionally, it does not replace existing Medical Control Protocols.

EMS Natural Allies is an interactive course that covers a variety of topics related to suicide, including common myths, effective communication in a non-stigmatizing way, and how to identify signs of suicide risk. It also covers strategies for engaging others in supportive conversations, asking directly about suicidal thoughts, and responding appropriately.

The course includes steps to take when someone discloses suicidal thoughts, such as managing emergencies, connecting to resources, and supporting someone in crisis. Finally, it emphasizes the importance of self-care for those helping others.

## Disclaimer:

Suicide is a sensitive topic and may bring up strong emotions. If you have recently suffered a suicide loss, consider taking some time before registering for this course or ensure you have an established personal support network prior to taking this course. EMS Natural Allies is not a counselling or intervention service.

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