

FROM HESITATION TO HELP:

A Collaborative Approach to Lethal Means Safety Conversations in Clinical Practice

Developed by Cohen Veterans Network with Support from Face the Fight



From Hesitation to Help, a 3-hour lethal means counseling training, addresses critical gaps in suicide prevention training for mental health professionals. This training provides **actionable strategies** to increase safety related to a broad range of lethal means, emphasizes **inclusivity** with tailored considerations for working with military and veteran women, and prioritizes connection through **collaborative strategies** grounded in firearm cultural competency. *From Hesitation to Help* is now available free-of-charge as a self-paced online training that offers 2.75 continuing education credits to support the mental health community.

AT A GLANCE

IMPACT

1083
mental health personnel trained nationwide

279
100% of Cohen Veterans Network clinical staff successfully trained

2079
continuing education credits awarded

TRAINEE SATISFACTION

97%
agreed all learning objectives met

98%
reported training enhanced their professional expertise

99%
would recommend this training

Key Program Strengths

- **Practical Skills & Resources:** Role play videos, structured tools, and case examples provided attendees with confidence and actionable strategies that could be immediately incorporated into their practice.
- **Culturally Relevant:** Addresses military and veteran contexts, including specific considerations for **firearm culture**, **military women**, and **regional/cultural differences**, helping clinicians tailor safety conversations to client needs.
- **Comprehensive:** Broad coverage of potential lethal means and scaled harm-reduction strategies for firearm storage promote safety while meeting client needs.
- **Evidence-based Best Practices:** Content draws on most current research and statistics to support best-practices in mental health care.
- **Positive Learning Experience:** Knowledgeable trainers, interactive chat, and responsive administrative support make this training accessible and engaging.

Trainee Comments

- “This was **one of the best trainings** I’ve been to in a very long time-- thank you!!”
- “I love that we tackled how to ask the hard, direct questions. Getting to hear another practitioner walk a client through these questions and interventions was **INVALUABLE!**”
- “I appreciated the section on **veteran women** as they can be overlooked sometimes.”
- “I have been trained in suicidality by many experts in the field. This training however was the **most helpful to everyday practice**. The presenters were extremely knowledgeable and responsive to questions, had excellent reframes for challenging situations, great ideas for creatively supporting safety, and provided all of the training information with skill. **I loved this training.**”