Thank you for completing UW-Madison’s online 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 UW–Madison 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?