

# NDE-Approved Nebraska School Personnel Suicide Prevention Training for 2015-2016

*How do I help a student  
I'm worried about?*



Access the training at:  
<http://kognito.com/nebraska>



- ▶ Learn to recognize signs of psychological distress
- ▶ Help connect students to support services
- ▶ Practice speaking with virtual students
- ▶ Training for all staff to help students

Here's how to get started:

1. Click on the above link or copy and paste it in your browser.
2. Create a personal account.
  - ▶ Add name, e-mail address, and choose a password.
  - ▶ Identify your school and select correct building from a drop-down list.
  - ▶ If you work at multiple schools or a district, please choose one school.
  - ▶ District level employees should identify with one school to report your training.
3. Select the module most appropriate for you: elementary, middle, or high school. Follow on-screen prompts to complete the module.
4. If cookies or pop-up blockers don't allow access, contact your IT persons.

For all other support, contact [support@kognito.com](mailto:support@kognito.com) for quickest assistance.
5. Once training is completed, it will be recorded on your school's cumulative report. A report will be sent to the building principal on the first day of each month.

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