



MENU OF TRAININGS



THE PROGRAMS

YOUTH MENTAL HEALTH FIRST AID

YMHA is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis.

QUESTION, PERSUADE, REFER

QPR stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide.

Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

LISTEN & LEARN SESSIONS AND THE RESILIENCY ESSENTIALS SERIES

Our team will develop a subject-specific presentation for your staff, community, or group regarding mental health awareness, harm reduction, prevention, and/or recovery.

ADULT MENTAL HEALTH FIRST AID

Mental Health First Aid for Adults teaches people how to recognize signs of mental health or substance use challenges in adults ages 18 and older, how to offer and provide initial help, and how to guide a person toward appropriate care if necessary.

TALK SAVES LIVES

Talk Saves Lives is AFSP's standardized, 45-60 minute education program that provides participants with a clear understanding of this leading cause of death, including the most up-to-date research on suicide prevention, and what they can do in their communities to save lives. Participants will learn common risk factors and warning signs associated with suicide, and how to keep themselves and others safe.

MAKIN' IT Happen