

# Suicide Prevention Training

## QPR-Question, Persuade, and Refer

60 to 90 Minute Course

Teaches “gatekeepers” the warning signs of a suicide crisis and how to respond. Gatekeepers can include anyone who is strategically positioned to recognize and refer someone at risk of suicide (e.g., parents, friends, neighbors, teachers, coaches, caseworkers, police officers). The process follows three steps: (1) Question the individual’s desire or intent regarding suicide, (2) Persuade the person to seek and accept help, and (3) Refer the person to appropriate resources.

## MHFA-Mental Health First Aid

6 to 8 Hour Course

Teaches how to identify, understand and respond to signs of mental illnesses and substance use disorders. Introduces participants to risk factors and warning signs of mental health concerns, builds understanding of their impact and provides an overview of common treatments. It demonstrates how to assess a mental health crisis; select interventions; provide initial help; and connect people to professional, peer and social supports as well as self-help resources. MHFA encourages early detection and intervention by teaching participants about the signs and symptoms of specific illnesses like anxiety, depression, schizophrenia, bipolar disorder, eating disorders and addictions.

## YMHFA-Mental Health First Aid

6 to 8 Hour Course

Youth Mental Health First Aid 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. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

## ASIST-Applied Suicide Intervention Skills Training

2 Day Course

This is an in depth interactive workshop in suicide first aid. It teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. Participants learn to use a suicide intervention model to identify persons with thoughts of suicide, seek a shared understanding of reasons for dying and living, develop a safe plan based upon a review of risk, be prepared to do follow-up, and become involved in suicide-safer community networks.

To schedule training contact:  
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