

MENTAL HEALTH AWARENESS TRAINING (MHAT)

▶ Question. Persuade. Refer. (QPR)

- 60 – 90 minutes
- For groups without formal mental health training/education
- Suicide awareness & prevention
- Like CPR, QPR is an emergency response to someone in crisis and can save lives

▶ Mental Health First Aid (MHFA), Adult and Youth

- Course delivery options:
 - 8 hour session
 - 2 four hour sessions
 - Online course, followed by 4 hour session
- For groups without formal mental health training/education
- Identify, understand and respond to the signs of addiction and mental illness
- Increases mental health literacy



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via teleconference!**



Aspire Indiana has been awarded a Mental Health Awareness Training grant from the federal Substance Abuse and Mental Health Services Administration (SAMHSA). This funding allows us to provide training throughout the community free of charge.

▶ C-SSRS - Columbia Protocol

- 60 to 90 minutes
- For groups with or without formal mental health training/education
- Empirically-supported tool for suicide risk assessment
- Connect at-risk people to appropriate level of care

▶ SOS: Signs of Suicide

- Evidence-based youth suicide prevention program that has been shown to reduce suicide attempts by 64%.

- Designed for students in 6-12 grade
- Teaches students how to identify signs of depression and suicide in themselves and their peers
- Provides materials that support school professionals, parents, and communities in recognizing at-risk students and taking appropriate action.
- Classroom lesson that combines educational videos, discussion guides, depression screening, and response slips to seek help



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For more information visit

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