

Davis HELPS Suicide Prevention Community Trainings

CLASS	DEFINITION	DURATION	TARGET AUDIENCE	COST
QPR	QPR stands for Question, Persuade, and Refer — the three 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.	1.5 hours	Ages 13+	Free
safeTALK	This three hour workshop alerts one to warning signs indicating risk of suicide. The workshop emphasizes the importance of recognizing the signs, communicating with the person at risk and getting help or resources for the person at risk.	3 hours	Ages 18+	Free
Youth Mental Health First Aid (YMHFA)	Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people (ages 12-18). 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.	8 hours	Adults who work with youth	Free
Mental Health First Aid (MHFA)	Mental Health First Aid is an 8-hours course that teaches participants how to help a person developing a mental health problem or experiencing a mental health crisis. The help is given until appropriate treatment and support are received or until the crisis resolves.	8 hours	Ages 18+	Free
CONNECT	CONNECT is a training for professionals and communities to prepare them to respond to a suicide attempt or death in a manner that will promote healing and reduce risk for affected community members.	6 hours	Ages 18+	Free
ASIST	ASIST is an suicide intervention program that is taught as a two-day interactive session where participants learn to intervene and help prevent the immediate risk of suicide.	2 days	Ages 18+	Free
Working Minds	The Working Minds Program is the only national suicide prevention program in the United States that is exclusively dedicated to workplace suicide prevention. The program helps workplaces appreciate the critical need for suicide prevention while creating a forum for dialogue and critical thinking about workplace mental health challenges. The program builds a business case for suicide prevention while promoting help-seeking and help-giving. Several interactive exercises and case studies help employers and their staff apply and customize the content to their specific work culture.	2 or 4 hours	Ages 18+, worksites	Free
NAMI Homefront*	NAMI Homefront is a 6-week course that provides education and support tailored to family members of veterans or active duty service members with mental health conditions. *Register @ namidaviscounty@yahoo.com .	6 sessions	Family members of veterans or active duty service members.	Free