

MENTAL HEALTH & SUICIDE PREVENTION TRAININGS



Question. Persuade. Refer. Three steps anyone can learn to help prevent 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. QPR can be learned in either a one hour or a two hour session.



Mental Health First Aid is an 7.5 hour training that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders in your community. Mental Health First Aid is intended for people and organizations that make up the fabric of a community. Professionals who regularly interact with people such as police officers, nurses, human resource directors, primary care workers, school/college leadership, faith communities, and friends and family of individuals with mental illness or addiction are encouraged to attend.

Youth Mental Health First Aid teaches a 5-step action plan to offer initial help to young people showing signs of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self- help care. Anyone can take the 6.5-hour Youth Mental Health First Aid course, but it is ideally designed for adults who work with young people, ages 12-18 — teachers, coaches, leaders of faith communities, social workers, and other caring citizens.



Applied Suicide Intervention Skills Training (ASIST) is a two-day interactive workshop in suicide first aid. ASIST 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.

For more information on bringing training to your community/organization, contact your regional Prevention Resource Center:

FREE TRAINING
As long as funding is available.

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