



# Mental Health Trainings

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*Mental health matters for all*

Sign up for these free trainings at [www.GetTrainedtoHelp.com](http://www.GetTrainedtoHelp.com).

## QPR (Question, Persuade and Refer)

This **brief and basic course** is for you if you have limited knowledge about mental health and would like to learn general information about how to identify and help someone who might be at risk for suicide. This **1-2 hour program** teaches “gatekeepers” the warning signs of a suicide crisis and how to respond by following three specific steps. Gatekeepers are those who are strategically positioned to recognize and refer someone at risk of suicide (e.g., parents, friends, neighbors, teachers, coaches, caseworkers, police officers).

## ASIST

This course is for you if you want to learn a specific first aid intervention for people at risk for suicide. **Appropriate for professionals and laypersons alike.** ASIST (Applied Suicide Intervention Skills Training) is a **two-day workshop** that teaches people how to recognize anyone who may be at potential suicide risk, intervene with them and refer them to professional help. Participants are eligible for 12.5 NASW-sponsored CEUs.

## Adult Mental Health First Aid

This course is for you if you have **limited knowledge about mental health** and would like to learn how to provide first aid to those adults who might be experiencing mental health challenges or a mental health crisis. Adult Mental Health First Aid teaches a five-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social or self-help care. Anyone over 18 can take the free eight-hour course — first responders, teachers, leaders of faith communities, human resources professionals and caring citizens.

## Youth Mental Health First Aid

This course is similar to Adult Mental Health First Aid but is aimed at helping youth. Anyone over 18 can take the free eight-hour course, but it is **designed for adults who work with young people ages 12-18** — teachers, coaches, leaders of faith communities, social workers and other caring citizens.

## Additional Training Opportunities

### Counseling on Access to Lethal Means (CALM)

This course is for you if you are a **mental health or other helping professional** and want to learn skills to discuss the restriction of access to lethal means as part of an intervention with someone who is at risk for suicide. CALM is a **free online course** available at <http://training.sprc.org>. Participants may earn two NASW or NBCC-sponsored CEUs.

### RESPONSE

This course is for adoption by **schools or school districts.** RESPONSE is a comprehensive high school-based program that increases awareness about suicide among high school staff, students and parents. All of the program components are designed to heighten sensitivity to depression and suicidal ideation, as well as offer response procedures to refer a student at risk for suicide. Contact Meghan Crane at 503-846-4748 or [meghan\\_crane@co.washington.or.us](mailto:meghan_crane@co.washington.or.us).