



The Suicide Prevention Program offers a variety of different trainings and workshops for mental health professionals and the general public. Here is a list of all trainings and Workshops free to the public. Funded by the voter approved Mental Health Services Act (Prop. 63).

**QPR Online:** *Question-Persuade-Refer* are 3 simple steps that anyone can learn to help save a life from suicide. 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. This is a **FREE** 1 hour online training you may take at your own pace.

**QPR in Class:** *QPR* is also available as a 1-2 hour in-class training.

National Registry of Evidence-Based Programs and Practices:

<http://legacy.nreppadmin.net/ViewIntervention.aspx?id=299>

We also offer the youth QPR version available online for all QPR Instructors.

**QPR Instructor Certification:** This is an 8-hour certification training. Participants will learn how to teach the QPR curriculum to communities. CEU's are offered.

**ASIST:** *Applied Suicide Intervention Skills Training* is a 2-day training for anyone who would like to feel more **comfortable, confident, and competent** to prevent a suicide from happening. CEU's are offered.

For more information, visit <https://www.livingworks.net/programs/asist/>

National Registry of Evidence-Based Programs and Practices:

<http://nrepp.samhsa.gov/ProgramProfile.aspx?id=42#hide4>

**safeTALK:** This is a 3-hour training that helps move beyond common tendencies to MISS, DISMISS, or AVOID talking about suicide, identify people who have thoughts of suicide and apply the TALK method (Tell, Ask, Listen and KeepSafe).

CEU's are offered. For more information, visit <https://www.livingworks.net/programs/safetalk/>

SPRC's Best Practices Registry: <http://www.sprc.org/bpr/section-III/suicide-alertness-everyone-safetalk>

**Mental Health First Aid:** This is an 8-hour training to aid someone who may be experiencing a mental health related crisis. Throughout the training participants will learn the warning signs and risk factors for mental illness, how to help someone who is in a crisis, and how to guide them to receive help. CEU's are offered.

For more information, visit <http://www.mentalhealthfirstaid.org/cs/>

National Registry of Evidence-Based Programs and Practices:

<http://legacy.nreppadmin.net/ViewIntervention.aspx?id=321>

**Youth Mental Health First Aid:** 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. This is an 8-hour training. For more information, visit: <http://www.mentalhealthfirstaid.org/cs/take-a-course/course-types/youth/>

**Mental Health First Aid for Public Safety:** This is an eight-hour course specially designed for police officers, first responders, corrections officers and other public safety professionals, helping them better understand mental illnesses and addictions and providing them with effective response options to deescalate incidents without compromising safety. For more information, visit: <http://www.thenationalcouncil.org/capitol-connector/wp-content/blogs.dir/2/files/2014/07/MHFA-Public-Safety-overview-with-FAQs.pdf>

**More Than Sad: Teen Depression:** It's a DVD program that educates teens to recognize the signs and symptoms of depression in themselves and others. The program helps to remove the stigma from depression by understanding it as an illness, promotes the importance and acceptability of seeking help, and demystifies the treatment process (25 minutes).

**More Than Sad: Suicide Prevention Education for Teachers and Other School Personnel:** This is disc two of the DVD program that teaches those who work in the schools about teen suicide and how they can help to prevent it. The goals of this educational program are to increase the understanding of the problem of youth suicide, the risk factors that can lead to suicide and the treatment and prevention of suicidal behavior in adolescence. The program seeks to increase the knowledge of the warning signs of youth suicide, so that teachers and other adults who work with teens are better prepared to identify and refer students who may be at risk. Created by the American Foundation for Suicide Prevention. <http://www.afsp.org/preventing-suicide/our-education-and-prevention-programs/programs-for-professionals/more-than-sad>

SPRC's Best Practices Registry: <http://www.sprc.org/bpr/section-III/more-sad-suicide-prevention-education-teachers-and-other-school-personnel>

**Suicide Prevention Speakers Bureau:** This is the program's Stigma and Discrimination Reduction (SDR) effort. This is a panel of suicide attempt survivors, survivors of suicide loss as well as experts in mental health promotion and wellness. Participants listen to speaker personal stories of help, hope and strength. This is a community conversation about mental health promotion to begin to demystify and understand the experiences of people with mental illness and their success stories.

For information about upcoming trainings and events, visit us at [www.sccmhd.org/sp](http://www.sccmhd.org/sp)

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**SANTA CLARA COUNTY SUICIDE AND CRISIS HOTLINE 24/7:  
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