

Mental Health Awareness Trainings

<p>Training Type</p>	<p>Details about the training</p> <p>Email eseymour@fcsnashville.org to schedule a time to discuss training offerings!</p>
<p>Mental Health First Aid, Youth or Adult</p> 	<p>8 hours: Mental Health First Aid (MHFA) is an evidence-based training program that teaches you how to identify, understand and respond to signs of mental health and substance use challenges in adults. As a Mental Health First Aider, you'll learn how to:</p> <ul style="list-style-type: none">● Interact with a person in crisis● Help connect a person to help and support● Understand and assist someone who may have a mental health or substance use challenge
<p>QPR (Question, Persuade, Refer)</p> 	<p>60 to 90 minutes: QPR stands for Question, Persuade, and Refer—the three simple steps anyone can learn to help save a life from suicide. As a QPR-trained Gatekeeper, you will learn to:</p> <ul style="list-style-type: none">● Recognize the warning signs of Suicide● Know how to offer hope● Know how to get help and save a life
<p>safeTALK</p> 	<p>4 hours: Living Works safeTALK provides in-depth skills to recognize signs of suicide, engage someone, and ensure a connection to safety. You'll develop suicide alertness and safety connection skills by recognizing signs, engaging someone, and connecting them to an intervention resource for further support.</p>

