



Training Programs

The Essex County Suicide Prevention Coalition aims to implement community-based suicide awareness, prevention, intervention and recovery programs by providing Evidence-Based and Best Practice training models at low or no cost.



Mental Health and Wellness 101

Mental Health and Wellness 101 can be delivered in 30, 60 and 90-minute training sessions that can be tailored to meet your scheduling needs and for your specific audience. Goals of the training include: increase basic knowledge of mental health to help reduce stigma, understand mental health as a continuum of wellness, promote wellness, treatment seeking behavior, recovery and self-care. Appropriate for students, parents, educators, general public.



QPR

QPR stands for Question, Persuade, and Refer -- Three simple steps that 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. QPR can be learned in as little as one hour.



Talk Saves Lives

Talk Saves Lives is a community-based presentation that covers the general scope of suicide, the research on prevention, and what people can do to fight suicide. Attendees will learn the risk and warning signs of suicide, and how together, we can help prevent it. Special modules include for Seniors, Firearm Owners, and LGBTQ+ Community.

SuicideTALK

SuicideTALK is a 90 minute training that invites all participants, regardless of prior training or experience, to become more aware of suicide prevention opportunities in their community. SuicideTALK participants learn how suicide is a serious community health problem that is often misunderstood, how personal and community beliefs about suicide affect suicide stigma and safety, how to get involved in life protection, preservation, and promotion activities in the community.





safeTALK

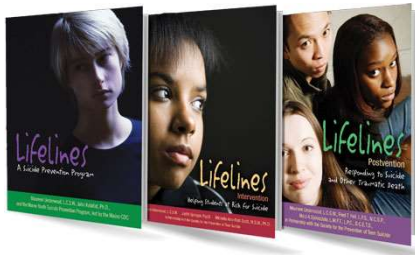
SafeTALK

SafeTALK is a 3 to 3.5 hour training that prepares anyone over the age of 15 to identify persons with thoughts of suicide and connect them to suicide first aid resources. Most people with thoughts of suicide invite help to stay safe. Alert helpers know how to use these opportunities to support that desire for safety. Powerful video clips illustrate both non-alert and alert responses. Discussion and practice help stimulate learning. Learn steps that contribute to saving lives.



ASIST

ASIST is a two-day intensive, interactive and practice-dominated course designed to help caregivers recognize and review risk, and intervene to prevent the immediate risk of suicide. Professionals, volunteers and informal helpers all need to know how to help persons with thoughts of suicide in ways that increase their suicide safety.



Lifelines Trilogy

Lifelines is an Evidence-Based, whole-school program made up of three unique components: Prevention, Intervention and Postvention. The Lifelines trilogy is based on over 20 years of suicide-in-youth research that indicates an informed community can help to prevent vulnerable teens from ending their lives.



Mental Health First Aid (MHFA) and Youth Mental Health First Aid (YMHFA)

MHFA is a public education program that introduces participants to risk factors and warning signs of mental illnesses, builds understanding of their impact, and overviews common supports. This eight-hour course uses role-playing and simulations to demonstrate how to offer initial help in a mental health crisis and connect persons to the appropriate professional, peer, social, and self-help care. The program also teaches the common risk factors and warning signs of specific types of illnesses, like anxiety, depression, substance use, bipolar disorder, and schizophrenia. There are specific programs for Youth and Adults.

Not sure which class you need? Contact Shelby at (518) 962-2077 or Shelby@mhainessex.org for a free training consultation.