Suicide Prevention Adult Training Programs

**Basic**

**QPR: Question, Persuade, Refer**
- Recognize the warning signs of a suicide crisis.
- Learn how to question, persuade, and refer someone to help.
  - **Audience:** General-adult
  - **Format:** In-class, online
  - **Duration:** 1-2 hrs

**Suicide Prevention 101**
- Learn to define suicide and identify warning signs. Practice how to ask about suicide with compassion and how to connect individuals to supportive resources.
  - **Audience:** General-young adult, adult
  - **Format:** In-class
  - **Duration:** 1.5 hrs

**ASIST**
- Learn to provide suicide first aid to a person at risk.
- Identify key elements of a suicide safety plan and the actions required to implement it.
  - **Audience:** Mental health professionals, caregivers
  - **Format:** In-class
  - **Duration:** 8 hrs

**Advanced**

**Suicide to Hope**
- Understand a framework for finding and exploring recovery and growth opportunities for clients with suicide experiences.
- Apply a Pathway to Hope (PaTH) model for setting recovery goals.
  - **Audience:** Mental health professionals
  - **Format:** In-class
  - **Duration:** 2 days

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To arrange a training or for more information about youth trainings, please contact jasmine.lopez@hhs.sccgov.org, 408-885-6421.

*Pilot trainings are offered in collaboration with our partners from Palo Alto University.*

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All trainings are free and funded by the voter-approved Mental Health Services Act (Prop. 63).
Mental Health Adult Training Programs

Basic

*Mental Health 101
Learn the basics of mental health, including: definitions, coping with stress, when it’s important to seek help, combating stigma, and how to get help in our County.

Audience: General-young adult, adult
Format: In-class
Duration: 1.5 hrs

Kognito
Engage in virtual role-play simulation modules focused on increasing comfort and competency in managing critical conversations with youth exhibiting signs of distress.

Audience: General-adult, Educators
Format: Online
Duration: 1-2 hrs
Cost: At a cost, BHSD - School district partnership required

Advanced

Youth Mental Health First Aid
Understand risk factors and warning signs for common mental health challenges, review typical adolescent development and learn a 5-step mental health action plan to help youth in both crisis and non-crisis situations.

Audience: General-adult
Format: In-class
Duration: 8 hrs

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