



Mental Health & Suicide Prevention Training Opportunities

	DESCRIPTION	TRAINING DATES
QUESTION PERSUADE REFER (QPR)	Question-Persuade-Refer (QPR) training is a 2-4 hour introduction to suicide prevention for anyone who wants to know how to help a friend, family member, co-worker or client in crisis. QPR focuses on how to recognize suicidal thoughts and behaviors, and refer at-risk people to a professional resource.	Available upon request FREE
APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST)*	Applied Suicide Intervention Skills Training (ASIST) is a 14-hour course which provides skills training in suicide intervention. This course is ideal for caregivers who have a greater likelihood of encountering a person at-risk for suicide.	Feb. 27-28, 2018 March 27-28, 2018 April 12-13, 2018 May 21-22, 2018 Sept. 18-19, 2018 \$30 FEE
MENTAL HEALTH FIRST AID (MHFA) FOR ADULTS	Mental Health First Aid (MHFA) for adults is an evidenced-based, 8-hour training that provides a general overview and basic skills to identify, understand, and respond to mental health and substance abuse issues.	March 12, 2018 April 27, 2018 May 30, 2018 FREE
YOUTH MENTAL HEALTH FIRST AID (YMHFA)*	Youth Mental Health First Aid (YMHFA) is an evidence-based 8-hour training for adults who work with young people ages 12 to 18.	March 16, 2018 May 14, 2018 FREE

To learn more about training times and locations, or to register: Click [here](#) or go to www.eventbrite.com and search for events in Humboldt County, CA.

Questions? Contact publichealthPEI@co.humboldt.ca.us or call 707-268-2132.

*Continuing Education Units (CEUs) may be available. Please contact for more information.

