



MENTAL HEALTH AWARENESS TRAINING



QUESTION, PERSUADE, REFER*

QPR, a **suicide prevention training**, educates participants on recognizing suicide warning signs and guiding individuals to appropriate resources in a concise **two-hour session**.

YOUTH MENTAL HEALTH FIRST AID*

YMHFA equips **teachers** to recognize, comprehend, and address mental health issues in children and adolescents aged 12-18 through an **eight-hour training**.

MENTAL HEALTH AWARENESS TRAINING

Our goal is to reduce the stigma surrounding mental health and educate community members, school personnel, law enforcement and first responders.

CRISIS INTERVENTION TRAINING

CIT for **law enforcement**, addresses the distinctive experiences and requirements of public safety personnel, promoting mental health awareness in an **eight-hour training**.



- Certificate provided upon successful completion
- *Trainings can be delivered virtually or in person



For more information, please contact Sadayah Scott at sadayah@we-reachout.org