



Mental Health Awareness Training (MHAT)

▶ Question. Persuade. Refer. (QPR)

- 60 - 90 minutes
- For groups without formal mental health training/education
- Suicide awareness & prevention
- Like CPR, QPR is an emergency response to someone in crisis and can save lives

▶ Mental Health First Aid (MHFA), Adult and Youth

- Course delivery options:
 - 8 hour session
 - 2 four hour sessions
 - Online course, followed by 4 hour session
- For groups without formal mental health training/education
- Identify, understand and respond to the signs of addiction and mental illness
- Increases mental health literacy



Aspire Indiana has been awarded a Mental Health Awareness Training grant from the federal Substance Abuse and Mental Health Services Administration (SAMHSA). This funding allows us to provide training throughout the community free of charge.

NOW AVAILABLE
via teleconference!

 **C-SSRS - Columbia Protocol**

- 60 to 90 minutes
- For groups with or without formal mental health training/education
- Empirically-supported tool for suicide risk assessment
- Connect at-risk people to appropriate level of care



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Contact:

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For more information visit

www.aspireindiana.org