



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.



QPR

QPR stands for Question, Persuade, and Refer -- 3 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 our Gatekeeper course in as little as one hour.



safeTALK

SafeTALK is a three-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.



Creating Suicide Safety in Schools (CSSS)

CSSS is a six hour workshop for school planning teams that looks at four basic categories of preparedness and additional foundational supports. Often several schools in a district or an area come together to host the training and each sends a planning team.



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)

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 8-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, eating disorders, and schizophrenia. There are specific programs for Youth and Adults.



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