

If you found a friend, neighbor, co-worker or student showing signs of a mental or emotional health crisis, would you know how to help?

Early care goes a long way toward a healthy, powerful life.

A well-informed community is a healthy community.

By participating in one of our free trainings, you will learn how to notice early warning signs and how to act and connect a person to resources and support that can help.

UPON COMPLETION, YOU WILL KNOW HOW TO:

- Recognize warnings signs and get someone to help and resources
- Reduce the isolation of a person with mental health symptoms
- Be part of changing how we treat people experiencing mental health issues and how we talk about mental health

Go to

www.GetTrainedToHelp.com

to learn about and register for classes in the tri-county area.

For more information about prevention strategies or to learn more about the trainings, contact:



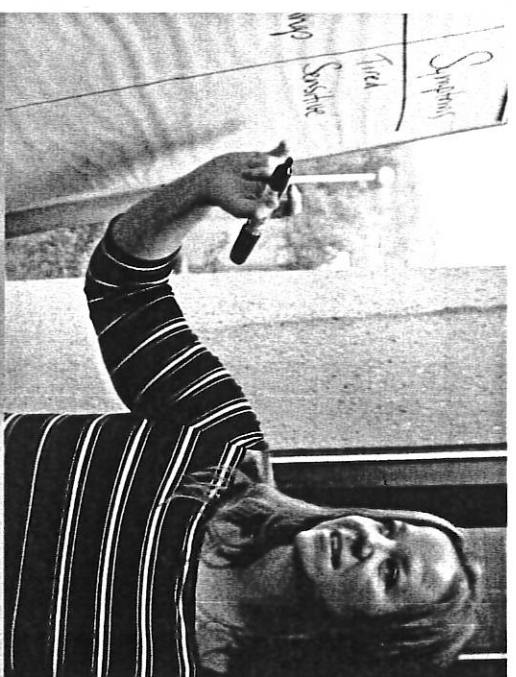
Multnomah County: Mandy Kubisch at 503-988-2282 or amanda.kubisch@mulco.us



Washington County:
Debra Darmata at 503-846-4748 or
Debra_Darmata@co.washington.or.us



Clackamas County:
Nina Daniels at 503-742-5309
or ndanielsen@clackamas.us



Know How: to recognize the warning signs of someone in a mental or emotional health crisis.

**GETTRAINED
TOHELP.COM**

Mental health matters for all

www.GetTrainedToHelp.com

Know how to help. Be part of building a healthy and well informed community.

THE FUNDAMENTAL TRAINING	TRAINING TYPE	WHO SHOULD TAKE THIS?	LEVEL OF PRIOR KNOWLEDGE?
<p>QPR Question, Persuade & Refer</p>	<p>Suicide Prevention</p>	<p>Parents, teachers, coaches, law enforcement, neighbors, etc.</p>	<p>No prior knowledge needed. 2 hour class. Introductory.</p>
<p>ASIST Applied Suicide Intervention Skills Training</p>	<p>Suicide Prevention</p>	<p>Ideal for those working with/for child welfare, community justice, education, domestic violence, other social services.</p>	<p>QPR encouraged but not required. Two-day intensive training. Participants are eligible for 12.5 CEUs. NASW-sponsored.</p>
<p>Adult Mental Health First Aid</p>	<p>Assisting adults showing signs of an emotional or mental challenge.</p>	<p>First responders, teachers, leaders in faith communities, HR professionals, community members.</p>	<p>No prior knowledge. Eight-hour intensive training. Open to all.</p>
<p>Youth Mental Health First Aid</p>	<p>Assisting youth ages 12-18 years old who are showing signs of a mental or emotional challenge.</p>	<p>Anyone working or living with young people ages 12-18. Parents, educators, coaches, social service staff, medical providers, caregivers, community members.</p>	<p>No prior knowledge. Eight-hour intensive training. Open to those desiring to learn more about adolescent development and how to help a youth in need.</p>
<p>CALM Counseling on Access to Lethal Means</p>	<p>Suicide Prevention</p>	<p>For people who counsel others: mental health & medical staff, pastoral leaders, social service providers</p>	<p>No prior knowledge. Two hour introductory class. Available in person or online: http://training-sprc.org/login/index.php</p>

Classes are for adults 18 and over. Available in English and Spanish.

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info@GetTrainedToHelp.com

