

ADULT MENTAL HEALTH FIRST AID

One-day training that teaches participants the skills needed to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis. Appropriate for anyone 18 years and older.



SAFETALK

Half-day training program that teaches participants to recognize and engage persons who might be having thoughts of suicide and to connect them with community resources. safeTALK stresses safety while challenging taboos that inhibit open talk about suicide. Anyone 15 or over who wants to help people be safer from suicide may attend.

QPR

1-2 hour program for lay and professional "gatekeepers" to learn the warning signs of a suicide crisis and how to respond. The process follows three steps: (1) Question the individual's desire or intent regarding suicide, (2) Persuade the person to seek and accept help, and (3) Refer the person to appropriate resources.





START

60–90 minute online interactive training that prepares participants to recognize when someone is having thoughts of suicide and take action to keep them safe. These life-saving skills are for anyone 13 years of age and older.

ASIST

Two-day workshop for members of all caregiving groups that provides training in life-assisting suicide first-aid intervention using the Pathway for Assisting Life (PAL) model. Anyone 16 or older can learn these life-saving skills.



For more information and training dates, contact:

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SUICIDE PREVENTION TRAINING



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