

Suicide Prevention Adult Training Programs

Basic

QPR: Question,
Persuade, Refer

Recognize the warning signs of a suicide crisis. Learn how to question, persuade, and refer someone to help.

Audience: General-adult

Format: In-class, online

Duration: 1-2 hrs

* Suicide
Prevention 101

Learn to define suicide and identify warning signs. Practice how to ask about suicide with compassion and how to connect individuals to supportive resources.

Audience: General-young adult, adult

Format: In-class

Duration: 1.5 hrs

ASIST

Learn to provide suicide first aid to a person at risk. Identify key elements of a suicide safety plan and the actions required to implement it.

Audience: Mental health professionals, caregivers

Format: In-class

Duration: 2 days

Advanced

suicide to Hope

Understand a framework for finding and exploring recovery and growth opportunities for clients with suicide experiences. Apply a Pathway to Hope (PaTH) model for setting recovery goals.

Audience: Mental health professionals

Format: In-class

Duration: 8 hrs

To arrange a training or for more information about youth trainings, please contact jasmine.lopez@hhs.sccgov.org, 408-885-6421.

** Pilot trainings are offered in collaboration with our partners from Palo Alto University.*



All trainings are free and funded by the voter-approved Mental Health Services Act (Prop. 63).

Mental Health Adult Training Programs



Learn the basics of mental health, including: definitions, coping with stress, when it's important to seek help, combating stigma, and how to get help in our County.

Audience: General-young adult, adult

Format: In-class

Duration: 1.5 hrs

Engage in virtual role-play simulation modules focused on increasing comfort and competency in managing critical conversations with youth exhibiting signs of distress.

Audience: General-adult, Educators

Format: Online

Duration: 1-2 hrs

Cost: At a cost, BHSD - School district partnership required

Understand risk factors and warning signs for common mental health challenges, review typical adolescent development and learn a 5-step mental health action plan to help youth in both crisis and non-crisis situations.

Audience: General-adult

Format: In-class

Duration: 8 hrs

To arrange a training or for information about Adult Mental Health First Aid trainings, please contact jasmine.lopez@hhs.sccgov.org, 408-885-6421.

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