

*Kick off Mental Health Awareness Month by learning how you can help prevent suicide and support a young person in crisis*

## FREE Youth Mental Health First Aid & QPR Suicide Prevention Courses

*San Diego County Suicide Prevention Council and Optum San Diego are offering free QPR Suicide Prevention training and Youth Mental Health First Aid courses. The training is available at no cost, but space is limited and registration is required.*

### QPR Suicide Prevention Training (1 Hour)

Question, Persuade, and Refer (QPR): three 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. Each year thousands of Americans attend QPR to learn how they can help save the life of a friend, colleague, sibling, or neighbor.

**Date/Time:** Thursday, April 30<sup>th</sup> at 10 a.m. / 12 p.m. / 5 p.m      **Cost:** No Charge

**Location:** Malcolm X Library | 5148 Market Street | San Diego, CA 92114

**Details and Registration:** Contact Lora Cayanan at [lcayanan@sdchip.org](mailto:lcayanan@sdchip.org) or (858) 609-7971

### Youth Mental Health First Aid (8 Hours)

This course is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12 to 18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

**Date/Time:** Friday, May 1<sup>st</sup> from 8:30 a.m. to 5 p.m.      **Cost:** No Charge

**Location:** NAMI San Diego | 5095 Murphy Canyon Road, Suite 320 | San Diego, CA 92123

**Details and Registration:** Contact Optum San Diego at [shine.wang@optum.com](mailto:shine.wang@optum.com) or (619) 641-6355



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