

September is National Suicide Awareness month.

Sheridan County Behavioral Health Coalition will be arranging to have QPR, MHFA, and YMHFA trainings in Sheridan County in the upcoming months and ongoing.

QPR (Question-Persuade-Refer) is an emergency response to someone in crisis. It is the most widely taught Gatekeeper training in the world. Gatekeepers are people who may be in a position to recognize warning signs of suicide and if someone may be considering taking their own life. They are school personnel, clergy, work supervisors, co-workers, family and friends. Virtually *anyone* can benefit from learning QPR. Training is only 1-2 hours. Learn more about QPR from the QPR Institute at <https://qprintitute.com/>

MHFA (Mental Health First Aid) is a training course that teaches how to help someone who is developing a mental health problem or experiencing a mental health crisis. The training includes how to identify, understand, and respond to signs of addictions and mental illnesses. Training is usually 8 hours, sometimes split into 2 days. Learn more about MHFA at <https://www.mentalhealthfirstaid.org/>

YMHFA (Youth Mental Health First Aide) teaches adults who regularly interact with youth and young adults how to recognize and respond in a mental health or substance abuse emergency and how to offer support to a young person who appears to be in emotional distress. These adults can be parents, family members, caregivers, teachers, school staff, peers, neighbors, or other caring citizens. Training is usually 8 hours, sometimes split into 2 days.

If you, someone you know, or a group is interested in QPR, MHFA, or YMHFA training, please send an e-mail to [scbhcoalition@nemont.net](mailto:scbhcoalition@nemont.net). Additionally, please inform us if your group is planning a training, so that we can coordinate trainings in the county.

WATCH the papers for upcoming trainings. It is possible that some trainings can be done virtually. Additionally, the QPR Institute offers online training. *Costs of all trainings can be reimbursed. Please contact Sheridan County Behavioral Health Coalition for more information.*

Joan Nelson, Chair

Sheridan County Behavioral Health Coalition

*Promoting individual, family, and community behavioral health awareness and wellness*