



## Mental Health Awareness Training (MHAT)

### ▶ Question. Persuade. Refer. (QPR)

- 60 - 90 minutes
- For groups without formal mental health training/education
- Suicide awareness & prevention
- Like CPR, QPR is an emergency response to someone in crisis and can save lives

### ▶ Mental Health First Aid (MHFA), Adult and Youth

- Course delivery options:
  - 8 hour session
  - 2 four hour sessions
  - Online course, followed by 4 hour session
- For groups without formal mental health training/education
- Identify, understand and respond to the signs of addiction and mental illness
- Increases mental health literacy



*Aspire Indiana has been awarded a Mental Health Awareness Training grant from the federal Substance Abuse and Mental Health Services Administration (SAMHSA). This funding allows us to provide training throughout the community free of charge.*

**NOW AVAILABLE**  
via teleconference!

## ▶ C-SSRS - Columbia Protocol

- 60 to 90 minutes
- For groups with or without formal mental health training/education
- Empirically-supported tool for suicide risk assessment
- Connect at-risk people to appropriate level of care

## ▶ Psychological First Aid (PFA)

Psychological First Aid (PFA) is designed for those who are not behavioral health providers. PFA is an evidence-supported modular approach to focus on and enhance

personal and community resilience. This training lasts around 120 minutes and can be experienced virtually. The eight core actions of PFA focus on:

- Contact and engaging
- Safety and comfort
- Stabilization
- Information gathering
- Practical assistance
- Connect with social supports
- Information on coping
- Linkage with collaborative services



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*For more information visit*

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