

# **MAKE AN IMPACT X2**

## **YOUTH MENTAL HEALTH FIRST AID**

teaches you how to identify, understand and respond to signs of mental illness and substance use disorders in youth. This 6-8 hour training gives adults who work with youth the skills they need to reach out and provide initial support to children and adolescents (ages 6-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care. Can be implemented virtually, blended, or in person.

## **ADULT MENTAL HEALTH FIRST AID**

Similar to Youth Mental Health First Aid, but focuses on how to identify, understand and respond to signs of mental illness and substance use disorders in adults. These signs and symptoms can appear differently in adults than youth, and it's important to know what to look for in both age groups. Can be implemented virtually, blended, or in person.

## **QUESTION, PERSUADE, REFER**

focuses on the 3 simple steps 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, like you, are saying "Yes" to saving the life of a friend, colleague, sibling, or neighbor. This training is 2 hours. Available to adults and senior 4-H members. Can be taught in English or Spanish.

## **MIND MATTERS CURRICULUM**

lessons that teach people aged 12 and up to heal from Adverse Childhood Experiences (ACEs) and other negative experiences with innovative methods based on current research and neuroscience. These skills give individuals a way to take charge of their emotions and improve their states of mind. Participants learn to address their physical, relational, and mental health needs.