

Thanks to a generous grant from Flint ReCAST, GHS is offering free live webinar trainings throughout 2021

1 **Mental Health First Aid**



Skills-based training course that teaches participants about mental health and substance-use issues. The format includes an online 8 hour instructor led Zoom class. www.mentalhealthfirstaid.org
Offered 4 times this year • Register: www.genhs.org/MHFA2

2 **Psychological First Aid**

Evidence-informed modular approach to help children, adolescents, adults, and families in the immediate aftermath of disaster and terrorism. PFA is designed to reduce the initial distress caused by traumatic events and to foster short- and long-term adaptive functioning and coping. This session will focus on psycho-social effects that the COVID-19 outbreak may have on individuals in our community and around the world. Twice per month • Register: www.genhs.org/Psychological-First-Aid

3 **QPR (Question Persuade Refer)**



Just like CPR, QPR is an emergency response to someone in crisis and can save lives. A 90-minute class that prepares participants to recognize signs of suicidal ideation, to ask the person in crisis about suicidal thoughts/intentions and to link them to crisis services. Approximately 90-minute course, completed over Zoom. qprinstitute.com • Twice per month • Register: www.genhs.org/QPR

4 **Mental Health 101**

Introductory course on mental health. Topics include stigma, signs/symptoms of mental health issues, local and national resources, as well as information about other training opportunities. Twice per month • Register: www.genhs.org/Mental-Health-101

5 **Suicide: The Ripple Effect**

A feature length documentary film, focusing on the devastating effects of suicide and the tremendous positive ripple effects of advocacy, inspiration, and hope that are helping millions heal and stay alive. Instructors will remain afterwards to answer questions and connect with viewers for a short review and debrief. Trailer: vimeo.com/247262698 • Once per quarter • Register: genhs.org/SuicideTheRippleEffect

6 **LivingWorks Suicide Training**



Participants complete the course through a series of videos and practice responding to people in crisis during a highly interactive self-study. Skills recognizing signs of suicidal ideation and responding in an effective manner will be enhanced. www.livingworks.net • 25 Licenses per quarter • Registration closes when full • Register: www.genhs.org/LivingWorks