

MENTAL HEALTH FIRST AID FOR PUBLIC SAFETY



Almost **10%**
of police calls involved someone
with a **mental illness** in 2014.
- National Public Radio (NPR)

Nearly **1 IN 4**
police officers think of **suicide** at
some point in their life.
- National Alliance on Mental Illness via
2009 Centers for Disease Control and
Prevention Report

1.2 MILLION
Individuals living with mental illness
are in **jail and prison** each year.
- Mental Health America

**The course will teach you how
to apply the ALGEE action plan:**

- **A**ssess for risk of suicide or harm.
- **L**isten nonjudgmentally.
- **G**ive reassurance and information.
- **E**ncourage appropriate professional help.
- **E**ncourage self-help and other support strategies.

Why Mental Health First Aid?

Mental Health First Aid for Public Safety teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. This training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care. It focuses on the unique experiences and needs of public safety personnel and is a valuable resource that can make a difference in their lives, their coworkers' and families' lives, and the communities they serve.

What it Covers

- Defusing crises.
- Promoting mental health literacy.
- Combating stigma of mental illness.
- Enabling early intervention through recognition of signs and symptoms.
- Connecting people to care.

Who Should Take it

- Law enforcement
- Corrections officers
- Other first responders
- 911 dispatch staff

Free Classes for Magic Valley First Responders & Front-Line Workers
Self Study 2-hours Online & 6-hours Instructor Led
To Register: <https://www.surveymonkey.com/r/MHFAApril10>

Class Dates

July 21
Aug. 4
Sept. 13
Nov. 17

QPR

Question, Persuade, Refer.

Suicide Prevention Training

QPR (Question, Persuade & Refer) is a simple process that ANYONE, 14 years of age and older can be trained to use to help save the life of a person who is in crisis.

QPR is FREE 1-hour training to build:

- Knowledge and skill to identify warning signs that someone may be suicidal
- Confidence to talk to them about suicidal thoughts
- Connect them with professional care



QPR Gatekeeper

Trainer Certification Course

Becoming a certified trainer of QPR's industry-leading approach to suicide prevention is an excellent way for individuals and organizations to help empower their communities to effectively intervene on behalf of suicidal and in-crisis people.

GATEKEEPER TRAINING CERTIFICATION

- 3-year Certification
- 12 Clock Hours/1 CEU
- 25 QPR classroom booklets and everything you'll need to host your first training workshop

TO HOST A TRAINING OR BECOME A TRAINER, CONTACT KYLI GOUGH, ST. LUKE'S COMMUNITY HEALTH MANAGER AT GOUGHK@SLHS.ORG OR 208-814-0046

