

Neighbor Neighbor

IN TIMES OF DISTRESS WE STAND TOGETHER
◀◀ AND HELP OUR NEIGHBORS ▶▶

Available Training Opportunities:

Adult Mental Health First Aid (MHFA) - is a public adult education program that helps the public identify, understand, and respond to signs of mental illnesses and substance abuse disorders. MHFA is offered in the form of an interactive 8 hour course that presents an overview of mental illness and substance use disorders and introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact, and overviews common treatments. Mental Health First Aid is designed for audiences who are at least 18 years of age. Youth Mental Health First Aid is also available, Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis.

Contact: Tiffany Gressley - tgressley@region3.net



For more information about Youth Mental Health First Aid: www.mentalhealthfirstaid.org

QPR Gatekeeper Training for Suicide Prevention - QPR stands for Question, Persuade, and Refer - 3 simple steps that anyone can learn to help save a life from suicide. People training in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. QPR is a two hour training that is listed in the National Registry for Evidence based Practices and Policies.

Contacts: Jill Schubauer - jschubauer@region3.net | Jessica Schlegelmilch - jschlegelmilch@region3.net



For more information about QPR: www.qprinstitute.com

Available Speaker Opportunities:

Rena Zimmer, Co-Founder of the Central Nebraska Loss Team

Krista Fritson, UNK, Loss Team Member

Jessica Schlegelmilch, Region 3 Behavioral Health Services

Janelle Brock, Veteran Affairs

If you are interested in having someone come and speak to your staff, team or upcoming event, please contact Denise Zwiener at 308-865-2280 or email dzwiener@bcchp.org.