

# PROFESSIONAL MENTAL HEALTH & SUICIDE PREVENTION TRAINING

## ABOUT OUR TRAININGS:

Our trainings are led by certified professionals with expertise in suicide prevention and mental health education.

We offer evidence-based programs, including QPR, MHFA, and CALM, all of which are recognized by the Suicide Prevention Resource Center (SPRC) Best Practices Registry. These sessions are designed to empower participants with the knowledge and skills to effectively support individuals in crisis.

For your convenience, our trainings are available both in-person and virtually.

Mileage will be added for any in person trainings offered outside of available trainers service area

## Question, Persuade, Refer (QPR)

Learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

- Includes resource booklet
- 60-90 minutes
- 15-35 participants
- \$300 \*Free in SD

## Mental Health Education Presentations

Lost&Found has created mental health education presentations on a variety of topics. Visit our website to see updated available presentations.

- Includes handouts & worksheets
- 60-90 minutes
- Minimum 10 participants
- \$300

## Adult Mental Health First Aid (MHFA)

Learn how to help someone who has a mental health problem or experiencing a mental health crisis. For the general public.

- Includes training manual
- 6hr classroom /  
8hr total
- 5-15 participants - \$1750
- 15-30 participants - \$3500
- \*Free in SD

## Conversations on Access to Lethal Means (CALM)

The oldest & most widely-used training on lethal means safety, A practical intervention training to increase the time and distance between individuals at risk of suicide and the most common and lethal methods.

- Includes informational handouts
- 60-90 minutes
- 15-35 participants
- \$300

