

## YOUTH MENTAL

## HEALTH FIRST AID

**For adults who regularly work with youth to help them develop the skills and confidence to help youth in crisis and promote healing**

Participants complete a two-hour, self-paced, online course and a six-hour live training session on Zoom, which covers:

- Mental health conditions
- Substance abuse disorders
- Mental health stigma
- Community resources for getting help
- How to respond to a person in crisis

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## QUESTION, PERSUADE,

## REFER (QPR)

**Develop the skills to give emergency response to someone in crisis**

Participants complete a one and a half-hour training which covers:

- How to recognize the warning signs of suicide
- How to question, persuade, and refer people at risk for suicide for help

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**FREE AND 100% ONLINE**

Contact [Heather.Stewart@oregonstate.edu](mailto:Heather.Stewart@oregonstate.edu) for more information.



These trainings are offered as part of Coast to Forest, a project to improve mental health and well-being and reduce opioid misuse, abuse and associated harms.

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