

Suicide Prevention Training Menu

by Central District Health

Question, Persuade & Refer (QPR) is for groups or individuals interested in learning more about how to identify suicide warning signs, ask the question, and refer suicidal individuals to help.

Training Time
1 Hour



LivingWorks Start is a self-paced, online course that teaches individuals to recognize when someone is thinking about suicide and how to connect them to professional and community support.

Training Time
1.5 hours



Adolescent Mental Health 101 is designed to give caregivers and school staff a better understanding of mental health and brain development by learning how to communicate with adolescents, differentiate between typical behavior and potential mental health challenges, and seek mental healthcare.

Training Time
1 hour



Mental Health First Aid teaches people how to recognize mental health or substance misuse challenges in adults ages 18 and older, how to offer and provide initial help, and how to guide a person toward appropriate care if necessary.

Training Time
5-8 hours



Youth Mental Health First Aid is designed for adults who regularly interact with youth. The course covers common youth mental health challenges, typical adolescent development, and a 5-step action plan for helping young people in crisis and non-crisis situations.

Training Time
5-8 hours



LivingWorks Faith is a self-paced, online training for Christian Faith Leaders that helps increase knowledge on keeping individuals safe from suicide and ministering to those who have experienced suicide loss.

Training Time
5-6 hours



Schedule a FREE training today!

email: suicideprevention@cdh.idaho.gov
phone: (208)559-0279

