



talkable
COMMUNITIES



Talkable Communities is a collaboration of 5 nonprofit organizations covering 6 counties in Northeast Florida. The project advances mental well-being for children and families across the region by providing free mental health resources and training courses.



3 FREE TRAININGS

Youth Mental Health First Aid
Question. Persuade. Refer.
It's Time to Talk about it!

6 COUNTIES COVERED

Clay County	Nassau County
Duval County	Putnam County
Flagler County	St. Johns County



It's Time to Talk about it! (ITTAI) teaches family members, care givers, and other invested community members who interact with young people how to recognize the warning signs and risk factors of suicide in youth.

1

Learn how to identify risk

Learn the warning signs and risk factors of suicide and differentiate between the two.

2

Learn how to talk about suicide

Learn strategies to approach and communicate with young people about suicide. You will also learn to ask *the suicide question*.

3

Learn how to support a young person in need

Learn how to build a safety net for at-risk youth and ways to promote strength and resiliency.

4

Build the confidence to do 1-3

Those that take ITTAI feel more prepared to deal with such a tough topic and are more likely to begin a conversation about suicide.

TARGET AUDIENCE

- Parents/Care Givers
- Family Members
- Camp Counselors
- Pastors & Youth Group Leaders
- Educators
- I.e. (Families and adults who interact with young people)

TRAINING FOCUS

Suicide prevention and intervention in youth

TRAINING DURATION

2 Hours

MORE INFO/VIDEO





Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in 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.

1

Learn how to question, persuade, and refer someone who may be suicidal

2

Learn the common causes of suicidal behavior

3

Learn the warning signs of suicide

4

Learn how to offer hope to someone that is suicidal

5

Learn how to get help for someone in crisis and save a life

TARGET AUDIENCE

- Children/Teens
- Parents/Care Givers
- Family Members
- Neighbors/Friends
- Coaches
- Camp Counselors
- Pastors & Youth Group Leaders
- Educators
- I.e. (Everyone)

TRAINING FOCUS

Suicide prevention and intervention in everyone

TRAINING DURATION

2 Hours

MORE INFO/VIDEO





Mental Health FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

Youth Mental Health First Aid (YMHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 6-18.

1

Identify the common mental health concerns among youth

Including anxiety, depression, eating disorders, and attention hyperactive disorder - ADHD.

2

Reduce stigma

3

Recognize the signs and symptoms of mental health and substance use problems in youth

4

Use a 5-step action plan to help a young person that may be facing a mental health problem or crisis, such as suicide

TARGET AUDIENCE

- Parents/Care Givers
- Family Members
- Coaches
- Camp Counselors
- Pastors & Youth Group Leaders
- Caring Citizens
- Teachers & School Staff
- I.e. (All Adults who work or Interact with youth)

TRAINING FOCUS

Mental health and substance use challenges in youth

TRAINING DURATION

In-Person: 7.5 Hours

Virtual: 7.5 Hours

Blended*: 6 Hours

**2 hours of pre-work required*

MORE INFO/VIDEO



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