



**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.



## 4 FREE TRAININGS

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

## 6 COUNTIES COVERED

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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**

In-Person: 2 Hours  
Virtual: 2 Hours

### **MORE INFO**





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

In-Person: 2 Hours

Virtual: 2 Hours

## MORE INFO



# Adult Mental Health First Aid



## Mental Health FIRST AID

from NATIONAL COUNCIL FOR  
MENTAL WELLBEING

Mental Health First Aid for Adults teaches people how to recognize signs of mental health or substance use 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.

1

**Identify the common mental health concerns encountered by adults**

2

**Reduce stigma**

3

**Learn strategies for family members, friends and peers to recognize the signs and symptoms of mental health or substance use challenges and offer support**

4

**Offer self-help strategies for staying mentally well**

### TARGET AUDIENCE

- Family members
- Spouses/Partners
- Employers/Staff
- Pastors
- Police Officers
- Hospital Staff
- First Responders
- Caring Individuals
- Neighbors

### TRAINING FOCUS

Mental health and substance use challenges in adults

### TRAINING DURATION

In-Person: 7.5 Hours

Virtual: 7.5 Hours

Blended\*: 6 Hours

*\*2 hours of pre-work required*

### 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  
Blended\*: 6 Hours

*\*2 hours of pre-work required*

### MORE INFO



[WWW.TALKABLECOMMUNITIES.ORG](http://WWW.TALKABLECOMMUNITIES.ORG)