

SCU Cowell Center is proud to offer Mental Health First Aid (MHFA) and Question, Persuade, Refer (QPR) at no cost to SCU students, staff and faculty. Both QPR and MHFA are grounded in evidence-based research and have a long-standing reputation for being suitable for anyone interacting with any population. These training programs are being offered to address an important need in the community. When more people are equipped with the tools to start a dialogue, more people can get the help they need.

Our certified instructors are volunteers from within our own community and include professors, residence life staff and library services to name just a few. We thank them for their generous contributions.

**If you are deciding between these two programs, the chart below may answer some FAQs.**



**What will these trainings enable me to do?**

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| <ul style="list-style-type: none"> <li>• De-stigmatize asking about suicidal ideation</li> <li>• Direct interventions to identify early signs of suicidality and assess risk</li> <li>• Support an individual struggling with suicidality.</li> <li>• Persuade an individual to receive support</li> <li>• Refer help</li> </ul> | <ul style="list-style-type: none"> <li>• Change the conversation around mental wellbeing to promote support, recovery and resiliency</li> <li>• Recognize signs and decrease stigma of mental health and substance-use challenges</li> <li>• Understand the prevalence, cultural considerations and risk factors</li> <li>• Refer help</li> </ul> |
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**Why should I get trained?**

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| <ul style="list-style-type: none"> <li>• Increases confidence to intervene</li> <li>• Reduces (risk of) suicidal behavior</li> </ul> | <ul style="list-style-type: none"> <li>• Increases confidence to reach out</li> <li>• Reduces risk of neglecting early signs and/or worsening symptoms</li> </ul> |
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**How long is the training?**

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| <ul style="list-style-type: none"> <li>• 90 to 120 minutes</li> </ul> | <ul style="list-style-type: none"> <li>• 6 to 8.5 hours</li> </ul> |
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**What is the format of the training?**

- In-person class
- Combination of online pre-work and in-person instructor-led session

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**What concepts does the curriculum cover?**

- Myths and facts about suicide.
- Prevalence of suicidality nationally and locally, including risk factors across demographics
- Impact of suicidal ideation on overall wellbeing
- Common mental health disorders associated with suicidal ideation
- Scope of a QPR “gatekeeper”
- Question, Persuade and Refer (3 steps to help save a life from suicide)
- Prevalence of mental health challenges nationally
- Impact of mental health challenges on overall wellbeing
- Common mental disorders in the U.S., including mood disorders, anxiety, panic attacks and psychosis
- Scope of Mental Health First Aider and self-care imperative
- ALGEE 5-step action plan: Assess risk, Listen non-judgmentally, Give reassurance and information, Encourage appropriate help, and Encourage self-help

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**How do I sign up?**

- Inquire through [cowellcenter@scu.edu](mailto:cowellcenter@scu.edu)
- Inquire through [tinyurl.com/scumhfa](http://tinyurl.com/scumhfa) or scan QR code



For more information, visit [scu.edu/cowell/caps/qpr](http://scu.edu/cowell/caps/qpr) or [scu.edu/cowell/caps/mhfa](http://scu.edu/cowell/caps/mhfa)