



Mississippi Department of Mental Health

Training Opportunities



Mental Health **FIRST AID**®

from NATIONAL COUNCIL FOR MENTAL WELLBEING®

Mental Health First Aid is an evidence-based, early-intervention course that teaches participants about mental health and substance use challenges. **The Mississippi Department of Mental Health is able to offer this training at no cost.** Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.

DMH can also make available specific Mental Health First Aid training for adults who regularly interact with youth or for public safety professionals like law enforcement and first responders. **To find out more about training, contact Mariesha Eason at mariesha.eason@dmh.ms.gov.**

Shatter the Silence is a campaign of the Mississippi Department of Mental Health to encourage young people to talk through their feelings with friends and trusted adults, and to also encourage those friends to show their concern and support. It includes a 45-60 minute presentation that provides training about mental health, resources, warning signs of suicide, and more.



It is offered at no cost to schools, civic groups, and other organizations. The campaign also includes customized presentations for audiences who work with youth, adults, faith-based groups, law enforcement and first responders, correctional officers, military, and older adults. **For more information about Shatter the Silence training or to request Shatter the Silence and suicide prevention educational material, contact Ja'Quila Newsome at JaQuila.Newsome@dmh.ms.gov.**



LIVINGWORKS ASIST

Applied Suicide Intervention Skills Training

Applied Suicide Intervention Skills Training (ASIST) is a two-day training that features powerful audiovisuals, discussions, and simulations. ASIST workshops teach participants how to recognize when someone may be thinking about suicide, and how to provide a skilled intervention and develop a safety plan with the person to connect them to further support.

These trainings are available at a cost of \$50 per participant, which covers the cost of training materials. ASIST is an evidence-based program developed by LivingWorks, a leading suicide prevention and intervention training company. **For more information, contact Courtney Littleton at courtney.littleton@dmh.ms.gov.**