

# Mental Health Initiatives

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## **MENTAL HEALTH FIRST AID**

A PUBLIC EDUCATION PROGRAM THAT TEACHES INDIVIDUALS HOW TO HELP THOSE IN CRISIS OR EXPERIENCING A MENTAL HEALTH OR SUBSTANCE USE CHALLENGE; USES ROLE-PLAYING AND SIMULATIONS TO DEMONSTRATE HOW TO ASSES A MENTAL HEALTH CRISIS.  
([HTTPS://WWW.MENTALHEALTHFIRSTAID.ORG/](https://www.mentalhealthfirstaid.org/))

## **QPR (QUESTION, PERSUADE, REFER)**

THE MOST WIDELY TAUGHT GATEKEEPER TRAINING IN THE WORLD, ADVANCED SUICIDE PREVENTION TRAINING ALSO IS AVAILABLE FOR CLERGY, FIRST RESPONDERS, COACHES AND SCHOOL ADMINISTRATORS.  
([HTTPS://QPRINSTITUTE.COM/](https://qprinstitute.com/))

## **HOPE SQUAD**

STUDENTS ARE TRAINED TO TAKE ACTION WHEN SOMEONE IS STRUGGLING, BE THE ONES TO REACH OUT FIRST INSTEAD OF WAITING FOR A PEER TO COME TO THEM. TRAINING INVOLVES AWARENESS OF WARNING SIGNS, LISTENING, EMPATHY. ([HTTPS://HOPESQUAD.COM/](https://hopesquad.com/))

## **AIM FOR SUCCESS**

DALLAS-BASED NON PROFIT WITH A MISSION TO HELP YOUNG PEOPLE MAKE HEALTHY CHOICES RELATED TO TEENS, SUCH AS PREGNANCIES, BULLYING, DRUGS, TECHNOLOGY & RELATIONSHIPS; GOALS REACHED VIA STUDENT ASSEMBLIES, PEER-TO-PEER MENTORING, & ADULT INFLUENCE EDUCATION.  
([HTTPS://WWW.AIMFORSUCCESS.ORG/](https://www.aimforsuccess.org/))