



Mental Health First Aid (MHFA)

A skills-based course that gives people the tools to identify, understand, and respond to someone who might be struggling with a mental health or substance use challenge.

Participants will learn about trauma, substance use, self-care, and how to interact with a person in crisis and connect them with help.

- **Adult MHFA:** focuses on adults 18+.
- **Youth MHFA:** a training for adults who interact with youth 12-18.
- Delivered in person or virtually.
- \$25 per participant.
- Can be held on 1 day or split over 2 days.
- 5 - 8 hours of instruction.

Request a Training

For more information or to request a training, please call the **Behavioral Health Prevention and Outreach** office at **805-781-4754**.

*If you or someone you know is experiencing an immediate mental health crisis, please call **911** or the Central Coast Hotline **805-783-0607**.*



SLOBehavioralHealth.com
1-800-838-1381



Behavioral Health Education & Prevention Trainings

for schools, organizations, and community members in SLO County.



Opioid Safety

Learn about the local impact opioid and fentanyl use has on our community as well as practical ways to reduce risk in your community.

We will discuss what opioids and fentanyl are, their associated dangers, local access to harm reduction and treatment services, and how the SLO Opioid Safety Coalition is working toward positive change. Bring your opioid-related questions and leave with actionable steps to help.

- Delivered in person or virtually.
- No cost for this training.
- Can be customized to your group.
- 1 hour of instruction.



Overdose Awareness

Opioid overdose deaths have been steadily increasing each year since 2019 in SLO County.

Cover the most up-to-date local overdose data and trends, local access to harm reduction tools, how opioids can cause an overdose, common risk factors for overdose, and how to respond to an apparent opioid overdose, including the use of the nasal naloxone, Narcan.

- If requested, the SLO Opioid Safety Coalition is able to assist organizations with obtaining Narcan (at no cost) for their organization and/or client distribution.
- No cost for this training.
- 1 hour of instruction.

Substance Use Education

Community members and organizations may request training on substance use disorders and specific substances including alcohol, cannabis, opioids, illicit drugs, and more.

Includes information on prevention tools, treatment options, and recovery support services.

- Delivered in person or virtually.
- No cost for this training.
- 1-2 hours of instruction.

QPR Gatekeeper Suicide Prevention

QPR stands for Question, Persuade, Refer.

Three simple steps anyone can learn to save a life from suicide. QPR is an emergency mental health intervention that teaches participants how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

- Delivered in person or virtually.
- No cost for this training.
- Can be customized to your group.
- 1-2 hours of instruction.

