

Howard County Resource Guide – Mental Health and Suicide Intervention Programs

The Howard County Local Health Improvement Coalition (HCLHIC) is working to increase participation in evidence-based mental health and suicide prevention education and stigma reduction programs by 20% to reduce emergency department visits related to mental health conditions and decrease suicide rates in Howard County. Partners including *Howard County General Hospital, Grassroots Crisis Intervention, the American Foundation for Suicide Prevention - Maryland Chapter and the Mental Health Association of Maryland* are collaborating to make these programs accessible to the community. *You can help by sharing these upcoming programs!*

| MENTAL HEALTH FIRST AID PROGRAMS | | | |
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| Program Name & Link | Dates | Program Description | Location |
| Youth Mental Health First Aid https://bit.ly/2VpCmyM | 5/20/19 and 5/21/19 9:00 – 1:00pm *Cost is \$119; full and partial scholarships available. **Must be 18 and older to attend. | YMHA provides training for adults that work with youth ages 12-18 on a five-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and tools on how to connect youth ages 12-18 with the appropriate care. | Mental Health Association of Maryland 1301 York Road, Suite 505 Lutherville, MD 21093 443-901-1550 ext. 229 mhfatraining@mhamd.org |
| Mental Health First Aid https://bit.ly/2PaMHdv | 6/5/19 and 6/6/19 9:00 – 1:00pm *Cost is \$119; full and partial scholarships available | MHFA provides training on a five-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and tools on how to connect them with the appropriate care. | Mental Health Association of Maryland 1301 York Road, Suite 505 Lutherville, MD 21093 443-901-1550 ext. 229 mhfatraining@mhamd.org |
| Mental Health First Aid https://bit.ly/2nYeFxy | 06/07/19 8:30 – 5:00 pm *FREE for Howard County residents and employees | MHFA provides training on a five-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and tools on how to connect them with the appropriate care. Registration for HCGH MHFA is online at www.hcgh.org | Howard County General Hospital Pavilion 1 Classroom, Patient Pavilion 5755 Cedar Lane Columbia, MD 21044 410-740-7601 jstanto6@jhmi.edu |

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| <p>Youth Mental Health First Aid</p> <p>www.mhamd.org</p> | <p>9/24/19 and 9/25/19 9:00 – 1:00pm *Cost is \$119; full and partial scholarships available. **Must be 18 and older to attend.</p> | <p>YMHA provides training for adults that work with youth ages 12-18 on a five-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and tools on how to connect youth ages 12-18 with the appropriate care.</p> | <p>Mental Health Association of Maryland 1301 York Road, Suite 505 Lutherville, MD 21093</p> <p>443-901-1550 ext. 229 mhfatraining@mhamd.org</p> |
| <p>Mental Health First Aid</p> <p>https://bit.ly/2KuvjDN</p> | <p>09/27/19 8:30 – 5:00 pm *FREE for Howard County residents and employees</p> | <p>MHFA provides training on a five-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and tools on how to connect them with the appropriate care.</p> <p>Registration for HCGH MHFA is online at www.hcgh.org.</p> | <p>Howard County General Hospital HIM Room 5755 Cedar Lane, Columbia, MD 21044</p> <p>410-740-7601 jstanto6@jhmi.edu</p> |
| <p>Mental Health First Aid</p> <p>www.mhamd.org</p> | <p>10/02/19 and 10/03/19 9:00 – 1:00pm *Cost is \$119; full and partial scholarships available</p> | <p>MHFA provides training on a five-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and tools on how to connect them with the appropriate care.</p> | <p>Mental Health Association of Maryland 1301 York Road, Suite 505 Lutherville, MD 21093</p> <p>443-901-1550 ext. 229 mhfatraining@mhamd.org</p> |
| <p>Mental Health First Aid</p> <p>https://bit.ly/2KuvjDN</p> | <p>11/15/19 8:30 – 5:00 pm *FREE for Howard County residents and employees</p> | <p>MHFA provides training on a five-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and tools on how to connect them with the appropriate care.</p> <p>Registration for HCGH MHFA is online at www.hcgh.org.</p> | <p>Howard County General Hospital HIM Room 5755 Cedar Lane, Columbia, MD 21044</p> <p>410-740-7601 jstanto6@jhmi.edu</p> |

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| <p>Youth Mental Health First Aid</p> <p>www.mhamd.org</p> | <p>11/18/19 and 11/19/19 9:00 – 1:00pm *Cost is \$119; full and partial scholarships available. **Must be 18 and older to attend.</p> | <p>YMHFA provides training for adults that work with youth ages 12-18 on a five-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and tools on how to connect youth ages 12-18 with the appropriate care.</p> | <p>Mental Health Association of Maryland 1301 York Road, Suite 505 Lutherville, MD 21093</p> <p>443-901-1550 ext. 229 mhfatraining@mhamd.org</p> |
| <p>Mental Health First Aid</p> <p>www.mhamd.org</p> | <p>12/10/19 and 12/11/19 9:00 – 1:00pm *Cost is \$119; full and partial scholarships available</p> | <p>MHFA provides training on a five-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and tools on how to connect them with the appropriate care.</p> | <p>Mental Health Association of Maryland 1301 York Road, Suite 505 Lutherville, MD 21093</p> <p>443-901-1550 ext. 229 mhfatraining@mhamd.org</p> |

SUICIDE INTERVENTION PROGRAMS

| Program Name & Link | Dates | Program Description | Location |
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| <p>safeTALK</p> <p>https://bit.ly/2G4dy8J</p> | <p>4/30/19 9:00 – 12:00pm * FREE but registration is required</p> | <p>safeTALK is a half-day training in suicide alertness. It helps participants recognize a person with thoughts of suicide and connect them with resources who can help them in choosing to live. Participants don't need any formal preparation to attend the training - anyone who wants to make a difference can learn the safeTALK steps.</p> | <p>Hosted by the AFSP Maryland Chapter and the Howard County Health Department 8930 Stanford Boulevard Columbia MD 21045</p> <p>202-770-8973 kolbrich@afsp.org</p> |
| <p>Question Persuade Refer (QPR) Suicide Prevention Gatekeeper Training</p> <p>https://grassrootscrisis.org/events/</p> | <p>05/01/19 7:00-9:00pm * FREE for all Howard County Residents & Employees but registration is required</p> | <p>QPR stands for Question Persuade Refer and teaches someone how to recognize the warning signs of a suicide crisis, how to question, persuade, and refer someone to help.</p> | <p>Grassroots Crisis Intervention Center 6700 Freetown Rd Columbia, MD 21044</p> <p>amanda@grassrootscrisis.org</p> |

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| <p>TALK SAVES LIVES™ An Introduction to Suicide Prevention</p> <p>Register at: http://tinyurl.com/y5rtpj8x</p> | <p>05/03/19 12:00-1:00pm</p> <p>* FREE but registration is required</p> | <p>Lunch & Learn presentation covers the general scope of suicide, the research on prevention, and what people can do to fight suicide. Learn what suicide is, who it affects, what we know about it, and what can be done to prevent it.</p> | <p>Howard County Health Department Barton Room A/B 8930 Stanford Boulevard Columbia, MD 21045</p> <p>410-313-6240 kblasher@howardcountymd.gov</p> |
| <p>Lunch and Learn: You Matter: The Relationship of Bullying and Suicide</p> <p>https://bit.ly/2PzOTwS</p> | <p>05/16/19 12:00- 1:00pm</p> <p>* FREE but registration is required</p> | <p>This Lunch and Learn will discuss the relationship of bullying and suicide of individuals who have served in the armed forces and part of the MD SPIN Suicide Prevention Lunch and Learn series.</p> | <p>Spring Grove Hospital Center 55 Wade Avenue Vocational Rehabilitation Building Catonsville, MD 21228</p> <p>410-767-6500 janel.cubbage@maryland.gov</p> |
| <p>Question Persuade Refer (QPR) Suicide Prevention Gatekeeper Training</p> <p>https://bit.ly/2Sw3MEE</p> | <p>05/16/19 5:00-7:00pm</p> <p>* FREE for all Howard County Residents & Employees but registration is required</p> | <p>QPR stands for Question Persuade Refer and teaches someone how to recognize the warning signs of a suicide crisis, how to question, persuade, and refer someone to help.</p> | <p>Grassroots Crisis Intervention Center 6700 Freetown Rd Columbia, MD 21044</p> <p>amanda@grassrootscrisis.org</p> |
| <p>Question Persuade Refer (QPR) Suicide Prevention Gatekeeper Training</p> <p>https://bit.ly/2BpHkDp</p> | <p>05/17/19 12:00- 2:00pm</p> <p>* FREE for all Howard County Residents & Employees but registration is required</p> | <p>QPR stands for Question Persuade Refer and teaches someone how to recognize the warning signs of a suicide crisis, how to question, persuade, and refer someone to help.</p> | <p>Non-Profit Center 9770 Patuxent Woods Dr. Columbia, MD 21046</p> <p>amanda@grassrootscrisis.org</p> |

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| <p>Lunch and Learn: Universal Precautions to Suicide Risk: Because Anyone Could Be at Risk</p> <p>https://bit.ly/2BOXI5b</p> | <p>07/18/19 12:00- 1:00pm</p> <p>* FREE but registration is required</p> | <p>This Lunch and Learn will discuss Universal Precautions as a new approach to reduce suicide risk as opposed to the current mind-set of “suicide prevention.”</p> | <p>Spring Grove Hospital Center 55 Wade Avenue Vocational Rehabilitation Building Catonsville, MD 21228</p> <p>410-767-6500 janel.cubbage@maryland.gov</p> |
| <p>Lunch and Learn: You Matter: The Relationship of Bullying and Suicide</p> <p>https://bit.ly/2PzOTwS</p> | <p>08/15/19 12:00- 1:00pm</p> <p>* FREE but registration is required</p> | <p>This Lunch and Learn will discuss the voice of a survivor. Through this session participants will gain a better understanding of how to help attempters regain hope and meaning for life and help another not just survive but thrive in life.</p> | <p>Spring Grove Hospital Center 55 Wade Avenue Vocational Rehabilitation Building Catonsville, MD 21228</p> <p>410-767-6500 janel.cubbage@maryland.gov</p> |
| <p>Out of the Darkness Walk Howard County</p> <p>www.afsp.org/howardco</p> | <p>09/28/19 10:00- 1:00pm</p> <p>* Registration is required</p> | <p>The AFSP Maryland Chapter will host the Howard County Out of the Darkness Community Walk on September 28, 2019. Community members are asked to consider walking and fundraising to raise awareness for suicide prevention and mental health. Organizations are also encouraged to get involved by forming teams and helping to promote the walk.</p> | <p>Hosted by the AFSP Maryland Chapter at Lake Elkhorn in Columbia MD 21045</p> <p>Contact: Hayley Kline 443-812-5773 howardcountyyootd@gmail.com</p> <p>Kat Olbrich 202-770-8973 kolbrich@afsp.org</p> |

Are you interested in hosting a Mental Health First Aid or QPR training for your business, faith community, fraternity/sorority or other community group?
The HCLHIC can help connect you to trained facilitators and community organizations that can help!
Contact: lhic@howardcountymd.gov or call (410) 313-6204