



Howard County Resource Guide – Mental Health and Suicide Prevention Programs

The Howard County Local Health Improvement Coalition (HCLHIC) wants to increase participation in evidence based mental health, suicide prevention education and stigma reduction programs by Howard County community members. 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 & OTHER PROGRAMS

Program Name & Link	Dates	Program Description	Location
Mental Health First Aid http://bit.ly/2GZxQ54	10/02/19 and 10/03/19 9:00am – 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
Youth Mental Health First Aid http://bit.ly/2ktAXcZ	10/09/19 9:00am – 5:00pm *FREE for all Howard County Residents, Employees & Students (age 18+) **Must be 18 and older to attend.	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.	Hosted by Grassroots at the Non-Profit Collaborative of Howard County 9770 Patuxent Woods Drive Columbia, MD 21046 amanda@grassrootscrisis.org
Mental Health First Aid https://bit.ly/2NB8TjV	10/12/19 9:00am – 5:00pm *Training is FREE but must register and bring a bag lunch."	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.	Hosted by NAMI Howard County at the Wilde Lake Interfaith Center 10431 Twin Rivers Road, Columbia, MD 21044 410-772-9300 Info.namihc@gmail.com



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<p>Youth Mental Health First Aid http://bit.ly/2PMiun0</p>	<p>10/18/19 8:30am – 5:00pm</p> <p>*Cost for businesses is \$25 for non-Howard County residents and \$10 for Howard County Residents.</p> <p>**For residents of Howard County who are over 18 years</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>This class is a community course and is not recommended for mental health professionals. Businesses located in Howard County may reserve up to 10 seats in one class, as available.</p>	<p>Howard County General Hospital 1C Conference Room 5755 Cedar Lane, Columbia, MD 21044</p> <p>410-740-7601 jstanto6@jhmi.edu</p>
<p>Mental Health First Aid https://bit.ly/2JEBq5V</p>	<p>10/26/19 9:00am – 5:30pm</p> <p>*FREE and lunch will be provided</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>Dr. Constantine Padussis Conference Center 301 Hospital Drive, 3rd Floor Glen Burnie, MD 21061</p> <p>443-591-7274 juli@inquiringmindsllc.org</p>
<p>Mental Health First Aid http://bit.ly/2Vj4RC8</p>	<p>11/15/19 8:30am – 5:00pm</p> <p>*Cost for businesses is \$25 for non-Howard County residents and \$10 for Howard County Residents.</p> <p>**For residents of Howard County who are over 18 years old.</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>This class is a community course and is not recommended for mental health professionals. Businesses located in Howard County may reserve up to 10 seats in one class, as available.</p>	<p>Howard County General Hospital 1C Conference 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>http://bit.ly/2DPuWod</p>	<p>11/18/19 and 11/19/19 9:00am – 1:00pm</p> <p>*Cost is \$119; full and partial scholarships available.</p> <p>**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>http://bit.ly/2ndanWN</p>	<p>12/06/19 9:30am – 5:00pm</p> <p>*FREE for Howard County residents but registration is required</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>Howard Community College 10901 Little Patuxent Pkwy, Columbia, MD 21044</p> <p>443-538-9909 amanda@grassrootscrisis.org</p>
<p>Mental Health First Aid</p> <p>http://bit.ly/2J08Vka</p>	<p>12/10/19 and 12/11/19 9:00am – 1:00pm</p> <p>*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>NAMI Basics Education Course</p> <p>http://bit.ly/2m9IfTM</p>	<p>Wednesdays October 2nd – November 6, 2019 6:30pm – 9:00pm</p> <p>*FREE but registration is required</p>	<p>A 6-week course specifically designed for parents and other primary caregivers of children and adolescents who are living with mental illness. The course follows a structured format and includes practical insights on issues frequently faced by families dealing with mental illness.</p>	<p>NAMI Howard County 9650 Santiago Road, Suite 1 Columbia, MD 21045</p> <p>410-772-9300 Yblackston.namihc@gmail.com</p>
<p>NAMI Family-to-Family Course</p> <p>http://bit.ly/2keYezk</p>	<p>Wednesdays September 4th – November 20, 2019 7:00pm – 9:00pm</p> <p>*FREE but registration is required</p>	<p>A 12-week course to help families arrive at a better understanding of the severe mental illnesses their relatives face. The illnesses, treatments, medications, problems to expect are covered in depth, as well as coping strategies for family members.</p>	<p>NAMI Howard County 9650 Santiago Road, Suite 1 Columbia, MD 21045</p> <p>410-772-9300 Yblackston.namihc@gmail.com</p>



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<p>NAMI Peer-to-Peer Education Course</p> <p>http://bit.ly/2m9DkCf</p>	<p>Wednesdays September 11th – October 30, 2019 6:30pm – 8:30pm</p> <p>*FREE but registration is required</p>	<p>An 8-week course on the topic of recovery for any person with serious mental illness who is interested in establishing and maintaining wellness.</p>	<p>NAMI Howard County 9650 Santiago Road, Suite 1 Columbia, MD 21045</p> <p>410-772-9300 Yblackston.namihc@gmail.com</p>
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SUICIDE INTERVENTION PROGRAMS			
Program Name & Link	Dates	Program Description	Location
<p>Maryland’s 31st Annual Suicide Prevention Conference</p> <p>http://bit.ly/2k6ud4l</p>	<p>10/02/2019 8:00am - 4:30pm</p> <p>*Cost is \$95. **Registration is required</p>	<p>Join the Maryland Department of Health for the Annual Suicide Prevention Conference. Keynote: Adverse Childhood Experiences: Understanding Impacts to Strengthen Support by Lynn Davis, Coordinator of Mental Health Services, Frederick County Public Schools.</p>	<p>Martin’s West 6817 Dogwood Road, Baltimore, MD 21244</p> <p>janel.cubbage@maryland.gov</p>
<p>Question Persuade Refer (QPR) Suicide Prevention Gatekeeper Training</p> <p>http://bit.ly/2kaubbU</p>	<p>10/03/19 5:00pm - 7:00pm</p> <p>*FREE for Howard County residents 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>TALK SAVES LIVES™ An Introduction to Suicide Prevention</p> <p>http://bit.ly/2kkcNSl</p>	<p>10/04/19 12:00pm - 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 A/B 8930 Stanford Boulevard Columbia, MD 21045</p> <p>410-313-6240 kblasher@howardcountymd.gov</p>

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Question Persuade Refer (QPR) Suicide Prevention Gatekeeper Training http://bit.ly/2INfk7A	10/14/19 7:00pm - 9:00pm *FREE for Howard County residents but registration is required	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.	Grassroots Crisis Intervention Center 6700 Freetown Rd Columbia, MD 21044 amanda@grassrootscrisis.org
Question Persuade Refer (QPR) Suicide Prevention Gatekeeper Training http://bit.ly/2IOr3Tn	11/11/19 7:00pm - 9:00pm *FREE for Howard County residents but registration is required	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.	Grassroots Crisis Intervention Center 6700 Freetown Rd Columbia, MD 21044 amanda@grassrootscrisis.org
TALK SAVES LIVES™ An Introduction to Suicide Prevention http://bit.ly/2IEefio	11/12/19 8:00am - 9:00am OR 4:30pm - 5:30pm *FREE but registration is required	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.	Howard County General Hospital 1C Conference Room 5755 Cedar Lane, Columbia, MD 21044 410-740-7601 jstanto6@jhmi.edu
Question Persuade Refer (QPR) Suicide Prevention Gatekeeper Training http://bit.ly/2kavmYZ	11/16/19 10:00am - 12:00pm *FREE for Howard County residents but registration is required	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.	Grassroots Crisis Intervention Center 6700 Freetown Rd Columbia, MD 21044 amanda@grassrootscrisis.org
Question Persuade Refer (QPR) Suicide Prevention Gatekeeper Training http://bit.ly/2kuA7wL	12/05/19 5:00pm - 7:00pm *FREE for Howard County residents but registration is required	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.	Grassroots Crisis Intervention Center 6700 Freetown Rd Columbia, MD 21044 amanda@grassrootscrisis.org
Question Persuade Refer (QPR) Suicide Prevention Gatekeeper Training http://bit.ly/2kdFMHi	12/10/19 7:00pm - 9:00pm *FREE for Howard County residents but registration is required	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.	Grassroots Crisis Intervention Center 6700 Freetown Rd Columbia, MD 21044 amanda@grassrootscrisis.org

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ASIST Suicide Intervention Workshop http://bit.ly/2ndkc77	12/12/19 and 12/13/19 9:00am – 5:00pm *FREE for Howard County residents but registration is required **\$75. For non-Howard County residents	ASIST is a two-day workshop that teaches how to intervene and save a life from suicide. You don't need any prior training to attend ASIST—just a willingness to make a difference.	Bethany Church 2875 Bethany Ln., Ellicott City, MD 21042 amanda@grassrootscrisis.org
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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

