## UNC Charlotte Suicide Prevention Training Programs for Faculty

Information about all suicide prevention programs and initiatives, including how to register for the upcoming training opportunities, can be found at go.charlotte.edu/suicideprevention.

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<thead>
<tr>
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<th>QUESTION, PERSUADE, REFER (QPR)</th>
<th>MENTAL HEALTH FIRST AID (MHFA)</th>
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</thead>
<tbody>
<tr>
<td><strong>Program Overview</strong></td>
<td>Teaches individuals how to recognize the warning signs of suicide, including verbal, behavioral, and situational clues. The training provides guidelines on how to Question a person about suicidal thoughts, Persuade them to get help, and Refer them to campus and/or local resources.</td>
<td>A public education program that introduces participants to risk factors and warning signs of mental illnesses and substance use, builds understanding of their impact, and overviews common supports. This course demonstrates how to offer initial help in a mental health crisis and connect persons to the appropriate professional, peer, social, and self-help care.</td>
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<td><strong>Duration of Training</strong></td>
<td>90 Minutes</td>
<td>8 hours (2 hours Self-paced course +6 hours Instructor Led Content)</td>
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<td><strong>AY21-22 Participants</strong></td>
<td>● AY21-22 434 community members trained ○ 135 of participants were faculty or staff members</td>
<td>● AY21-22 148 community members certified ○ 46 faculty and staff members certified</td>
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<td><strong>Partnerships</strong></td>
<td>● Partnered with CHHS to offer 3 sessions for faculty and staff members</td>
<td>● Program launched in January 2021 through support of UNC System Office</td>
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<td>● Partnership with LOD to offer program as part of Professional Administrator Certification (PAC)</td>
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Forwarding Council:

Forwarding the message below on behalf of Kim Mitchell, Director for Student Development in Academic Affairs at the System Office.

Greetings from the System Office!

The UNC System Office started the NC Higher Education Mental Health First Aid Initiative in 2021. Phase I of the initiative was providing MHFA Instructor Training to UNC System Faculty, Staff and Students. The training was provided free of charge to these individuals with the understanding that they would be an integral part of Phase II of the initiative.

Phase II provides funding for the MHFA Instructors to teach Mental Health First Aid to groups on their campus. The cost of the course for these groups is covered under the grant. During the Instructor certification process, Instructors were informed they had funding to instruct a minimum of 90 people on their campuses.

During the planning over the summer, please take the opportunity to identify groups who could incorporate MHFAAider training in their existing training schedules. We have had campuses provide the training to groups of RAs, Classes, Department Faculty, Athletic staff, Police Departments, Clubs and Organizations, Peer Mentors, etc. The training is appropriate for all communities on the campus.

In addition, to the UNC System MHFA Instructors already certified (see attached) we are offering two additional Instructor courses this summer. (July 20-22 and August 1-3), please email Kim Mitchell at klmitchell@northcarolina.edu with the name, email, and position of individuals interested in becoming a MHFA Instructor. These individuals will be expected to instruct courses on their campuses in the upcoming year.

If you have any questions regarding the funding available to train groups on your campus or if there are questions about the upcoming MHFA Instructor courses, please reach out to Kim Mitchell at klmitchell@northcarolina.edu.

Warm Regards,
Kim Mitchell
KATHY BRYANT (she/her)
Director, Employee Engagement and Development

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WHY MENTAL HEALTH FIRST AID TRAINING

According to the Suicide Prevention Resource Center statistics, suicide is the leading cause of death among college and university students in the United States. To be successful as an institution in living our mission, all within the Charlotte community must be involved and take an active role to destigmatize mental health issues and promote a culture of wellbeing.

Therefore, Counseling and Psychological Services will provide Mental Health First Aid training sessions. This is a national program to teach the skills to respond to the signs of mental illness and suicidal ideation.

For more details on course content scan the QR code.

PROS OF BEING MENTAL HEALTH FIRST AID CERTIFIED

- Internationally recognized training program.
- $270 course value at no cost to you.
- Learn skills to support someone struggling with a mental health crisis.
- Virtual and in-person training options.

1,110 COLLEGE STUDENTS DIE BY SUICIDE EACH YEAR

- ACTIVEMINDS.ORG

67% OF COLLEGE STUDENTS TELL A FRIEND THEY ARE HAVING THOUGHTS OF SUICIDE BEFORE TELLING ANYONE ELSE.

- ACTIVEMINDS.ORG

Learn skills and strategies to support someone using the QR code.
**QPR**

**QUESTION, PERSUADE, REFER**

**SUICIDE PREVENTION TRAINING**

**QPR** is a 90 minute training intended to foster a community of care by teaching individuals how to recognize the warning signs of suicide, including verbal, behavioral, and situational clues. The training provides guidelines on how to **Question** a person about suicidal thoughts, **Persuade** them to get help, and **Refer** them to campus and/or local resources. The training is both educational and experiential and includes:

- An overview of statistics regarding suicide
- Myths versus facts
- Behavioral, verbal, and situational warning signs
- Concrete tools for helping someone in distress
- Role plays in small groups to practice these skills

**UPCOMING QPR SESSIONS FOR FACULTY & STAFF:**

To register for these sessions, please log in to the Learning & Development portal.

- Fri., Aug. 12th from 10:30 AM - 12 PM (Virtual)
- Fri., Sept. 9th from 11AM - 12:30 PM (Virtual)
- Thurs., Oct. 13th from 2 - 3:30 PM (Virtual)
- Wed., Nov. 2nd from 10:30 AM - 12 PM (Virtual)
- Thurs., Dec. 15th from 10:30 AM - 12 PM (Virtual)