

Mental Health & Suicide Prevention in the Brainerd Lakes Area

- **Crisis Text Line:** The Crisis Text Line is a free texting crisis line available 24/7. We encourage local (Minnesotan) texters to text “**MN**” to the Crisis Text Line **741741**. They will be connected to a trained counselor who will provide them with crisis and local resources.
 - Cost: No cost
 - Length: Adjustable according to need
 - Contact Destiny Brown-North Central Regional Coordinator: 218.821.2501
 - Platform: In-person or virtual
 - Age: Everyone can text.
 - Presentations: 7th -12th grade and Community

Text MN to 741741

CRISIS TEXT LINE |

Northern Minnesota Suicide Prevention
TRIBAL-COUNTY PARTNERSHIP

- **Make It OK-Stop Mental Illness Stigma:** Make It OK is a community campaign to reduce stigma by increasing understanding and creating caring conversations about mental health illnesses.
 - Cost: No cost
 - Length: 1 hour
 - Contact Karen Johnson 218.330.4107 for list of presenters
 - Platform: In-person or virtual
 - Age: 18+

Make It .org

- **Changing the Narrative-MDH:** Participants will leave with an understanding about the importance of language, be able to identify risk and protective factors, and be empowered to respond to people in distress. Discuss the different feelings, beliefs, and attitudes talking about mental health and suicide.
 - Cost: No cost
 - Length: 1-3 hours
 - Contact Destiny Brown 218.821.2501
 - Platform: In-person or virtual
 - Age: 18+

** DEPARTMENT
OF HEALTH**

- **Question, Persuade, Refer (QPR):** QPR (Question, Persuade, and Refer) Gatekeeper Training for Suicide Prevention is a 1-hour educational, evidence-based program designed to teach lay and professional "gatekeepers" the warning signs of a suicide crisis and how to respond. Gatekeepers can include anyone who is strategically positioned to recognize and refer someone at risk of suicide. The process follows three steps:
 - **Question** the individual's desire or intent regarding suicide,
 - **Persuade** the person to stay alive, seek and accept help, and
 - **Refer** the person to appropriate resources
 - Cost: No cost
 - Length: 1 hour
 - Presenter: Destiny Brown 218.821.2501 or go to: <https://qprinstitute.com/>
 - Click on: In-person training, Find Instructor
 - Age: 18+







- **S.A.V.E. Know the Signs, Ask the Question, Validate the persons experience, Encourage/Expediate getting help:** ATTENDEES WILL LEARN:
 - A general understanding of the scope of suicide in the U.S.
 - Myths and facts about suicide





Mental Health & Suicide Prevention in the Brainerd Lakes Area

- SIGNS of someone thinking about suicide
 - How to ASK questions
 - VALIDATE the person's feelings
 - ENCOURAGE/EXPEDITE getting help
 - Cost: No cost
 - Length: 1 hour
 - Presenter: Laura Stumvoll (320) 252-1670 ext. 6975
 - Platform: Virtual or in-person
 - Age: 18+

 - **safeTALK-Suicide Alertness for Everyone:** safeTALK is a half day training program to educate participants on how to recognize persons at risk for suicide and become comfortable talking to them and connecting them to services. This training is appropriate for nonclinical staff, adults and caregivers. The training can also be provided to high school youth.
 - Cost: may vary
 - Length: 4 hours
 - Contact Stephanie Downey @ stephanie.downey@state.mn.us
 - Platform: In-person
- 



-
- **ASIST-Applied Suicide Intervention Skills Training:** ASIST is a two-day, two-trainer, workshop designed for members of all caregiving groups, family, friends, and other community members. Participants learn how to use a suicide intervention model to identify persons with thoughts of suicide, develop a safety plan and follow up.
 - Cost: may vary
 - Length: 16 hours
 - Contact Stephanie Downey @ stephanie.downey@state.mn.us
 - Platform: In-person
 - Age: 18+
- 


-
- **Adverse Childhood Experience (ACE Interface):**
 - ACEs/NEAR Science 101 1-2 hours
 - Introduction to Neuroscience - the effect of trauma on brain development, Epigenetics - the intersection of nature and nurture; Adversity, the ACE study; and Resilience - the answer to trauma.
 - Resilience 201 1-2 hours
 - Dives into Basic Human Needs; Developing the Core Protective Systems of Individual Capabilities and Attachment and Belonging; How the Brain Learns; and Key Skills of Relationship Building
 - Additional one-time workshops offered periodically - get on the ARC email list!
 - Cost: No cost
 - Length: 1-2 hour/training offered
 - Contact Lowell Johnson 218.820.5290
 - Platform: In-person
- 

Building Self Healing Communities
-
- **Kognito-School:** The mission of the Minnesota School Personnel Mental Health Training Initiative is to grow a community of leaders to help protect, maintain, and improve the health of

Mental Health & Suicide Prevention in the Brainerd Lakes Area

all Minnesota students. The Minnesota Departments of Health and Education want to recognize schools and districts that have worked hard to implement the Kognito At-Risk simulation training. Schools or districts that implement the Kognito At-Risk simulations can apply for recognition as a Minnesota Kognito Champion School or Minnesota Kognito Champion District.

- Cost: No cost
- Length: Varies
- Contact Stephanie Downey stephanie.downey@state.mn.us
- Platform: Virtual



- **Kognito-Health and Behavioral Health Care:** At-Risk in Primary Care is a virtually simulated experience developed by [Kognito](#) that introduces healthcare providers to virtual patients who are exhibiting signs of mental health distress and substance abuse. Participants in the role-play simulations will practice screening techniques, listening to the patient's concerns, use effective communication to investigate any underlying mental health risks, and collaborate with them on their treatment plan.
 - Participants will learn:
 - Prevalence of mental health and substance use conditions, and the role of primary care providers in addressing them.
 - Risk factors and warning signs of depression, anxiety, suicide, and substance use.
 - How to screen patients using validated tools.
 - Motivational interviewing techniques and how to best use them when discussing mental health or substance use with adults.
 - Coordinating follow-up care and referrals to treatment.
 - Cost: No cost
 - Length: Varies
 - Contact Stephanie Downey stephanie.downey@state.mn.us
 - Platform: Virtual



- **Youth Mental Health First Aid:** Youth Mental Health First Aid is an 8 hour course designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people.
 - Cost: may vary
 - Length: 8 hour
 - Contact Stephanie Downey @ stephanie.downey@state.mn.us
 - Platform: In-person or virtual



- **Adult Mental Health First Aid:** Mental Health First Aid for Adults teaches people how to recognize signs of mental health or substance use challenges in adults ages 18 and older, how to offer and provide initial help, and how to guide a person toward appropriate care if necessary. Topics covered include anxiety, depression, psychosis, and addictions.
 - Cost: may vary
 - Length: 8 hour





Mental Health & Suicide Prevention in the Brainerd Lakes Area

- Contact Stephanie Downey @ stephanie.downey@state.mn.us
- Platform: In-person or virtual
 - Additional Mental Health First Aid trainings available: Faith & Spiritual Communities, Fire & EMS, Higher Education, Public Safety, Rural Communities, Schools, Teens, Veterans, Workplace
- **Counseling on Access to Lethal Means (CALM):** The Suicide Prevention Unit is offering two opportunities to participate in a Counseling on Access to Lethal Means (CALM). CALM is a training on reducing access to lethal means, such as firearms and medication, and is a proven response in suicide prevention and mental health crisis intervention. The training will cover having conversations around lethal means and working with people and their families to reduce access to them.
 - Cost: No cost
 - Length: 3 hours
 - Contact Jenilee Telander @ Jenilee.Telander@state.mn.us
 - Platform: Virtual



ADDITIONAL RESOURCES:

- **NAMI MN**- National Alliance on Mental Illness
 - Namimn.org
 - Email: namihelps@namimn.org
 - Helpline: 651.645.2948 Ext. 117
- **American Foundation for Suicide Prevention (AFSP)**
 - afsp.org/chapter/Minnesota
 - National Suicide Prevention Lifeline: 800.273.8255
- **Minnesota Department of Health (MDH)**
 - <https://www.health.state.mn.us/communities/suicide/index.html>
- **Suicide Prevention Resource Center**
 - sprc.org



Suicide Prevention Resource Center



YOU ARE NOT ALONE
**CRISIS LINE AND
REFERRAL SERVICE**
828-HELP - 24 HOURS
1-800-462-5525



MINNESOTA FARM & RURAL HELPLINE
833-600-2670
Free, Confidential, 24/7.

NEED TO TALK?
Are you struggling with feeling alone, sad, stressed, or worried and feel like you have no one to turn to?
CALL US.

