



Mental Health Academy

Mental Health America of Georgia is proud to provide Mental Health Academy (MHA) trainings, a collection of evidenced based mental health awareness programs for adults ages 18 and above. Programs include Mental Health First Aid (Adult, Youth & Teen); Question, Persuade, Refer Gatekeeper Training for Suicide Prevention; and Outreach Wellness Learning Seminars. The purpose of MHA is to increase mental health literacy for non-mental health professionals to support individuals with behavioral health challenges in their community and support coordination of services. Mental health literacy is knowledge and beliefs about mental disorders which aid in recognition, management, and prevention of mental illness. All programs are available online, or in-person on request.

MENTAL HEALTH FIRST AID

Each Mental Health First Aid (MHFA) course is a 7-hour training taught by trainers who have received certification from the National Council for Behavioral Healthcare. MHFA strives to not only educate, but also to highlight the perspective of an individual with a behavioral health challenge. MHFA trainers employ adult-learning principles and a variety of teaching techniques including modeling, group discussion, personal reflection, partner activities, role play, and lecture. Clips from several documentaries and educational videos are shown to reinforce activities.

QUESTION, PERSUADE, REFER

Question, Persuade, Refer (QPR) Gatekeeper Training for Suicide Prevention is an educational program designed to teach gatekeepers-those who are strategically positioned to recognize and refer someone at risk of suicide (e.g., parents, friends, neighbors, teachers, coaches, caseworker, police officers)-the warning signs of a suicide crisis and how to respond by following three steps: Question the individual's desire or intent regarding suicide, persuade the person to seek and accept help, and refer the person to appropriate resources. This 75 minute training is delivered by instructors certified by the QPR Institute.

OUTREACH WELLNESS LEARNING

Outreach Wellness Learning (OWL) Seminars are a series of mental health and wellness presentations designed to address the pervasive challenge of mental health stigmas and provide resources for mental wellness. Each seminar is one hour and delivered by highly trained peers and professionals. OWL seminars teach individuals to: Recognize signs and symptoms of mental illness, practice effective strategies to gain/maintain good mental health, and find help sooner for mental health conditions. Topics include:

- MENTAL HEALTH 101
- WORKPLACE WELLNESS
- STRESS MANAGEMENT
- MENTAL HEALTH CRISIS
- LIVING WITH MENTAL ILLNESS
- SELF CARE IS NOT SELFISH
- SUICIDE PREVENTION FOR SURVIVORS OF SUICIDE
- BUILDING RESILIENCE FOR YOUTH
- MATERNAL MENTAL HEALTH
- SUPPORTING VETERANS AND THEIR FAMILIES

Visit our website for events:
www.mhageorgia.org/events
Contact Program Coordinator:
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Disabilities