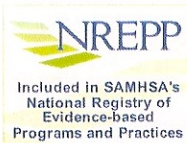




The 8-hour Mental Health First Aid USA course has benefited a variety of audiences and key professions, including: primary care professionals, employers and business leaders, faith communities, school personnel and educators, state police and corrections officers, nursing home

staff, mental health authorities, state policymakers, volunteers, young people, families and the general public.



Both MHFA and QPR are

QPR stands for Question, Persuade, and Refer -- 3 simple steps that anyone can learn to help save a life from suicide. Just as



people trained in CPR and the Heimlich maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Each year thousands of Americans, like you, are saying "Yes" to saving the life of a friend, colleague, sibling, or neighbor. QPR can be learned in our Gatekeeper course in as little as one hour.

Mecklenburg County  
3701 Latrobe Drive, Suite 140  
Charlotte, NC 28211  
Cabarrus County  
P.O. Box 1294  
Concord, NC 28026-1294  
mha@mhacentralcarolinas.org  
www.mhacentralcarolinas.org

## Get Involved

### Volunteer

- Compeer Program
- ParentVOICE Program
- MHA Board of Directors
- MHA Committees
- MHA Ambassadors
- Speakers Bureau

Go to [www.mhacentralcarolinas.org](http://www.mhacentralcarolinas.org), click on "Volunteer Opportunities," or call 704.365.3454

## Get Connected

### Sign up to receive

- MHA Newsletters and eNewsletters
- Legislative Updates

Go to [www.mhacentralcarolinas.org](http://www.mhacentralcarolinas.org), click on "Join Our Mailing List," or call 704.365.3454.

Like us  Follow us 

## Support the MHA

The MHA is a non-profit, United Way member agency. We accept tax-deductible contributions to include:

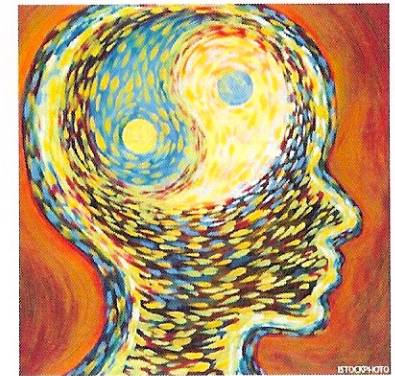
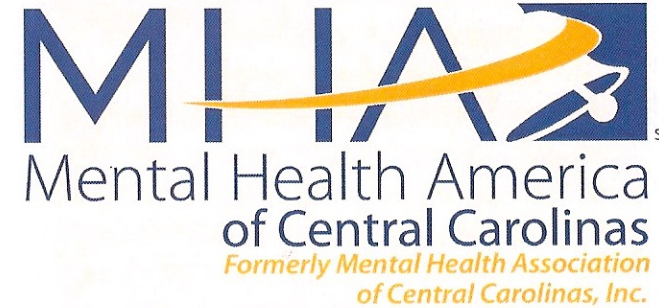
- Cash donations (check/credit card)
- Membership - Provider Directory
- Stock transfers
- Planned estate giving
- Corporate sponsorships/memberships

Visit [www.mhacentralcarolinas.org](http://www.mhacentralcarolinas.org) or call 704.365.3454 to learn how you can help!

[www.mhacentralcarolinas.org](http://www.mhacentralcarolinas.org)

A member agency

United Way  
of Central Carolinas



The MHA:  
your Source for  
**Mental Health Education**

*Spreading Hope,  
Spurring Action,  
Supporting Families,  
Saving Lives!*

### Mental Health First Aid\*\*

This evidence-based best practice program introduces participants to risk factors and warning signs of mental health problems and teaches how to give help to connect a person showing symptoms of mental illness to appropriate professional or other help, including peer and family support, can be engaged. This certification program is an interactive, 8 hour program which is offered in Adult or Youth version.

\*\*Charges apply, call for more information

### Question, Persuade and Refer (QPR)

MHA offers best practice QPR suicide prevention training to teach those who are in a position to recognize the warning signs of, clues and suicidal communications of people in trouble to act vigorously to prevent a possible tragedy. The training can be offered in 1-2 hours and catered to the specific audience's needs. Developed by Dr. Paul Quinnett, QPR offers hope through positive action.

### Advocacy & Managing Money in Recovery

MHA provides several workshops for adult mental health consumers and their caregivers. Advocacy workshops are designed to engage consumers and family members in legislative advocacy in NC, as well as to teach self-advocacy skills. The MHA also offers Managing Money in Recovery, an educational program designed for individuals in recovery of mental health and substance use disorders. This interactive course plainly describes creating and maintaining a realistic budget, and adapting to changes within income and expenses.



**Mental Health America  
of Central Carolinas**  
*Formerly Mental Health Association  
of Central Carolinas, Inc.*

The mission of the MHA is to promote mental well-ness through advocacy, prevention, and education. The MHA's vision is to reduce stigma and to advocate for effective mental health services.

**FACT**  
You are more likely to encounter a person in an emotional or mental crisis than having a heart attack.

**FACT**  
Suicide is the 10th leading cause of death in America; 3rd leading cause among 15-24 year olds.

**FACT**  
#1 Principle of Mental Health Recovery is: Self-direction - Consumers determine their own path to recovery.

**FACT**  
"3 workers die each day from workplace violence in the U.S."—Occupational Safety & Health Administration (OSHA)

**FACT**  
There are over 130 languages spoken by immigrant, refugee, and asylee children coming in to the CMS school system.

**FACT**  
Early diagnosis and appropriate services for children and their families can make a difference in the lives of children with mental disorders.

### De-escalation

De-Escalation Training helps the attendee identify and de-escalate an individual who is agitated, while keeping themselves and others safe. The attendee will learn what to say and what not to say and the importance of active listening, nonverbal de-escalation techniques as well as verbal techniques. The attendee will be given the tools that will best insure a positive outcome when dealing with a highly agitated person. Free 2-hour training.

### Multicultural Trainings

MHA has developed a network of refugee resettlement and post resettlement agencies, mental health providers, interpretation services, and volunteers to address the unmet mental health needs of refugees and asylees in our community and state. We host monthly networking meetings to address gaps in services, and host annual conferences to teach providers how to develop culturally competent mental health services for the currently settling refugee groups.

### ParentVOICE Program

ParentVOICE (PV) provides trainings for parents, youth, and provider agencies, at NO COST. Family-driven trainings include: Shared Parenting from the Parent Perspective, Recordkeeping, Parenting Troubled Teens, Conflict Resolution, and other topics related to parenting youth with mental health challenges. Youth-centered trainings include: Self-Advocacy - Stand Up and Speak Out; Futures Ready; Ready, Set, Work; Crisis Planning; and Child and Family Teams for Youth. PV's Family Partner Training Program prepares family members to provide peer mentoring to parents, grandparents and caregivers through 120 hours of classroom education, mentoring and shadowing.