

## Howard County Resource Guide – Mental Health and Suicide Prevention Programs

The Howard County Local Health Improvement Coalition (HCLHIC) wants to connect Howard County community members with evidence-based mental health, suicide prevention education and stigma reduction programs. 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	Program Description	Dates	Location
<b>Mental Health First Aid</b>  Hosted by: Mental Health Association of Maryland  <a href="http://www.mhamd.org">www.mhamd.org</a>	MHFA builds skills to help adults ages 18 and older who may be experiencing a mental health problem or crisis. The core program teaches the signs and symptoms a person may experience with mental health problems such as depression, anxiety, psychosis and substance use as well as how to use the 5-step ALGEE action plan to help. The core program is available in both English and Spanish.  <i>*Must be 18 and older to attend</i>	06/02/22 9:00 am – 4:00 pm Registration Required	Virtual Training via Zoom * link emailed 24 hours before training  <a href="mailto:mhfatraining@mhamd.org">mhfatraining@mhamd.org</a>
		06/07/22 9:00 am – 4:00 pm Registration Required	
		05/02/22 9:00 am – 4:00 pm Registration Required	
<b>Youth Mental Health First Aid</b>  Hosted by: Mental Health Association of Maryland  <a href="http://www.mhamd.org">www.mhamd.org</a>	The YMHA course is designed for adults who work with youth, ages 12-18. The youth program teaches signs and symptoms of emerging mental health problems and how to differentiate potential problems from typical adolescent development. The course is available in both English and Spanish.  <i>*Must be 18 and older to attend</i>	08/03/22 9:00 am – 3:00 pm Registration Required	Virtual Training via Zoom * link emailed 24 hours before training  <a href="mailto:mhfatraining@mhamd.org">mhfatraining@mhamd.org</a>

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<p><b>Mental Health First Aid</b></p> <p>Hosted by: Howard County General Hospital</p> <p><a href="https://events.hcgh.hopkinsmedicine.org/">https://events.hcgh.hopkinsmedicine.org/</a></p>	<p>MHFA offers a new way to connect. Learn to assist someone experiencing a mental health or substance use crisis virtually. In this new, updated format, community members will complete a 2-hour, self-paced online course before participating in a 4.5-hour, instructor-led class. Half an hour is allowed for a lunch break. This course is recommended for residents of Maryland.</p> <p><i>* \$30 Fee includes a digital manual</i></p>	<p>06/24/22 8:30 am – 3:00 pm</p> <p>Registration Required</p>	<p>Virtual Training via Zoom * link emailed before training</p> <p>410-740-7601 <a href="mailto:jstanto6@jhmi.edu">jstanto6@jhmi.edu</a></p>
<p><b>Youth Mental Health First Aid</b></p> <p>Hosted by: Howard County General Hospital</p> <p><a href="https://events.hcgh.hopkinsmedicine.org/">https://events.hcgh.hopkinsmedicine.org/</a></p>	<p>Learn to assist a young person, from 12 to 18 years, who may be experiencing a mental health or substance use crisis. In this updated and virtual format, participants will complete a 2-hour, self-paced, online course before participating in a 4-hour, instructor-led class using Zoom. Youth Mental Health First Aid is recommended for adults who interact with youth including teachers, coaches, faith leaders, parents, school staff, and caring citizens.</p>	<p>04/22/22 8:30 am – 1:00 pm</p> <p>Registration Required</p>	<p>Virtual Training via Zoom * link emailed before training</p> <p>410-740-7601 <a href="mailto:jstanto6@jhmi.edu">jstanto6@jhmi.edu</a></p>

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SUICIDE PREVENTION AND INTERVENTION PROGRAMS			
Program Name & Link	Program Description	Dates	Location
<b>Opioid Overdose Response (Narcan Training)</b>  <a href="https://bit.ly/3dBslrO">https://bit.ly/3dBslrO</a>	The Howard County Health Department offers FREE Opioid Overdose Response Program training. Simply show up and learn how to administer Narcan, the opioid reversing medicine, and how to save a person’s life from a possible overdose caused by an opioid.	03/31/22 3:00 pm – 4:00 pm Registration Required	Virtual Training via WebEx * link emailed after registration  410-313-6202 <a href="mailto:orpresponse@howardcountymd.gov">orpresponse@howardcountymd.gov</a>
		04/05/22 3:00 pm – 4:00 pm Registration Required	
		04/13/22 11:00 pm – 12:00 pm Registration Required	
		04/28/22 3:00 pm – 4:00 pm Registration Required	
		05/03/22 3:00 pm – 4:00 pm Registration Required	

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ON-GOING TRAINING AND SUPPORT PROGRAMS			
Program Name & Link	Program Name & Link	Program Name & Link	Program Name & Link
<b>NAMI Connection Support Group</b> <a href="https://namihowardcounty.org/">https://namihowardcounty.org/</a>	NAMI Connection is a recovery support group program for people living with mental illness. The trained individuals who are in recovery themselves understand participants’ daily challenges and can offer them encouragement and support. <i>* Dates are subject to change please check the website for up-to-date information</i>	2 <sup>nd</sup> and 4 <sup>th</sup> Mondays 6:30 pm – 8:00 pm	Virtual Training via Zoom * link emailed after registration  Louise Daigneault 410-772-9300 <a href="mailto:ldaigneault.namihc@gmail.com">ldaigneault.namihc@gmail.com</a>
<b>NAMI Family Support Group</b> <a href="https://namihowardcounty.org/">https://namihowardcounty.org/</a>	This is a support group program for family and friends of adults with a mental illness and is led by trained family members. <i>* Dates are subject to change please check the website for up-to-date information</i>	3 <sup>rd</sup> Fridays 7:30 pm – 9:00 pm	Virtual Training via Zoom * link emailed after registration  Louise Daigneault 410-772-9300 <a href="mailto:ldaigneault.namihc@gmail.com">ldaigneault.namihc@gmail.com</a>
<b>NAMI Transition Age Youth (18-26) Support Group</b> <a href="https://namihowardcounty.org/">https://namihowardcounty.org/</a>	This is a support group program for family and friends of youth ages 16-26 (transition age) with a mental illness and led by trained family members. <i>* Dates are subject to change please check the website for up-to-date information</i>	3 <sup>rd</sup> Thursdays 7:30 pm – 9:00 pm	Virtual Training via Zoom * link emailed after registration  Louise Daigneault 410-772-9300 <a href="mailto:ldaigneault.namihc@gmail.com">ldaigneault.namihc@gmail.com</a>

**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](mailto:lhic@howardcountymd.gov) or call (410) 313-6204**