



## Mental Health & Suicide Prevention Programs

### Mental Health First Aid (MHFA) Training

Virtual training to teach others how to assist someone experiencing a mental health or substance use crisis.

### Suicide Prevention & Intervention Programs

Virtual QPR (Question, Persuade, Refer) training and support to help individuals recognize the warning signs of suicide in others and in themselves and take preventative steps.

### Opioid Overdose Response Training

Training for individuals to 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.

### Mental Health Support Groups

Monthly trained family member-led support groups for people living with mental illness, or the family and friends of people living with mental illness. Hosted by National Alliance on Mental Illness (NAMI) of Howard County.

**Howard County LHIC**  
Local Health Improvement Coalition



For more [mental health and suicide prevention programs](#) use your cellphone camera and aim at the QR code here!

