



BE THE DIFFERENCE. SAVE A LIFE.

Join us for free, impactful, virtual trainings designed to empower everyday people to recognize the signs of a mental health crisis and take action. These trainings are open to anyone in Kansas.



QUESTION, PERSUADE, REFER (QPR)

Learn how to recognize warning signs of suicide, offer hope, and help someone access the care they need. This emergency intervention can make all the difference.



CONVERSATIONS ON ACCESS TO LETHAL MEANS (CALM)

CALM teaches why means matter and equips individuals with tools to intervene effectively with those at risk for suicide both upstream—before a crisis hits—as well as in times of crisis.



YOUTH MENTAL HEALTH FIRST AID (YMHFA)

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18.



TOGETHER, WE CAN BUILD A SAFER, MORE SUPPORTIVE COMMUNITY.



Scan the QR code to learn more and register or email Ariel at acohn@dcca.org.

These trainings are made possible by funding from the Kansas Department for Aging and Disability Services.