

# BEHAVIORAL HEALTH AND FAMILY STUDIES INSTITUTE

## Mental Health Headlines and Trainings



Special Edition: COVID-19 and Mental Health

### Headlines

- The Suicide Prevention Resource Center (SPRC) has compiled a selection of web pages and information sheets on mental health and coping with the effects of COVID-19. [Resources to Support Mental Health and Coping with the Coronavirus \(COVID-19\)](#)
- March of 2020 was the second-busiest month ever for gun sales in the United States. [Firearm Suicide and COVID-19: Mitigating Risk During a Pandemic](#)
- [Panic Attacks and Night Terrors: The Mental Health Toll of Coronavirus](#)
- [Coronavirus Outbreak Raises Threats to Mental Health](#)
- The Action Alliance developed a [COVID-19 Messaging Guidance Webpage](#) with links to messaging resources focused on promoting hope, connectedness, belonging, and resiliency.
- The [Suicide Prevention Resource Center](#) also compiled a number of resources—many of which were developed by Action Alliance partners—to support mental health and suicide prevention during this time.
- [Best Practices in Care Transitions for Individuals with Suicide Risk: Inpatient Care to Outpatient Care](#) and [Best Practices in Care Transitions Video](#)
- SAMHSA released [National Guidelines for Mental Health Crisis Care: A Best Practices Toolkit](#), intended to assist states and communities with the development and implementation of effective crisis services and systems.
- Zero Suicide Institute (ZSI) released a new set of tools called [Financing Suicide Prevention in Health Care Systems](#) and the [Zero Suicide Toolkit](#) in response to the COVID-19 pandemic.
- Sources of Strength has released some [tools/activities](#) for you, your work teams, and your loved ones such as Daily Activities, the Board Game, Quingo, Tangled Ball of Emotions mandala, Strengths Check-in.
- The National Alliance on Mental Illness has released a [COVID-19 Information and Resources](#) webpage and a [COVID-19 Resource and Information Guide](#).
- [Coronavirus: Mental Health Coping Strategies](#)
- MHA joined other national mental health nonprofits in preparing a [comprehensive mental health package](#).
- [5 Things Managers Can Do During COVID-19](#)
- [Implications of COVID-19 for LGBTQ Youth Mental Health and Suicide Prevention](#)
- [What Tribal Members Need to Know About COVID-19](#)
- Mental Health America of Indiana is now hosting a judgement-free collaboration for anyone contemplating or in recovery! Please share with your community! [10 A.M. Meeting Link](#), [2 P.M. Meeting Link](#), & [7 P.M. Meeting Link](#)
- MindWise Innovations is offering FREE webinars during this tough time. Recent webinars can be viewed and upcoming webinars can be registered for [here](#).
- The Indiana Department of Education understands the challenges schools are facing during this time of remote learning, and their staff is eager to support you! Their newly designed [remote learning resource page](#) provides a searchable database of online, offline, and TV and video resources.
- The Department of Child Services created this helpful [document](#) for educators to monitor student well-being while working from home.
- Visit [afsp.org/COVID19](#) for advice, guidance, social sharing, public messages, programs, and resources.
- [Saving Those Who Save Others](#)
- [Training and Technical Assistance Related to COVID-19](#)



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# Webinars

**Webinar:** MY LIFE is offering an online event for youth and young adults every Thursday until the "Stay at Home" orders are lifted.

**FREE** Register here:

[https://magellanhealth.zoom.us/webinar/register/WN\\_QmmIAsdkQ72X5ud1v11mqw?fbclid=IwAR1ttfAuZVdVgVexG9cZkG31wzAaGG8EGT1BIHLbu3xUk14HXFwMEuNJIBO](https://magellanhealth.zoom.us/webinar/register/WN_QmmIAsdkQ72X5ud1v11mqw?fbclid=IwAR1ttfAuZVdVgVexG9cZkG31wzAaGG8EGT1BIHLbu3xUk14HXFwMEuNJIBO)

**Webinar:**

The National Health IT Collaborative 5/28/20  
10am-3:30pm ET

**\$60** Register here:

<https://interland3.donorperfect.net/weblink/WebLink.aspx?name=E165284&id=69&fbclid=IwAR1wYR0lfZhrOXQGsHW05X2er0EMPjwZi-8zQgituP0QhhJRMdHv9w2JpXI>

**Webinar:**

4/30/20 at 2pm ET

Strengthening Faith Community Connectedness During the COVID-19 Pandemic

**FREE** Register here by 4/22:

[https://events-na1.adobeconnect.com/content/connect/c1/1002235226/en/events/event/shared/default\\_template\\_simple/event\\_landing.html?scoid=3650355828](https://events-na1.adobeconnect.com/content/connect/c1/1002235226/en/events/event/shared/default_template_simple/event_landing.html?scoid=3650355828)

**Webinar:**

The JED Foundation presented on "Managing Stress During Distance Learning – How Faculty Can Support Their Students"

**FREE** View here:

<https://www.gotostage.com/channel/webinarsforcampusprofessionals>

**Webinar:** RemedyLIVE will stream an interactive WIREDx Webinar for your organization so members of your group can watch, learn, and interact about mental wellness and benefit from this experience!

**FREE** Register here:

<https://calendly.com/faupel/wiredx?month=2020-04&date=2020-04-17>

**Webinar:**

The National Health IT Collaborative will offer executive webinars highlighting cutting edge topics, expert insights and new innovations for underserved populations and those who are working to transform these communities.

**FREE** Access them here:

[http://www.nhitc.org/community-transformation-forum.html?utm\\_medium=email&utm\\_source=govdelivery](http://www.nhitc.org/community-transformation-forum.html?utm_medium=email&utm_source=govdelivery)

**PURDUE**  
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Behavioral Health and Family Studies Institute

Save the Date

**QPR Suicide Prevention Training for Trainers (QPR T4T)**  
– participants are taught and certified to teach QPR Gatekeeper Suicide Prevention Training

**AFSP Out of Darkness Campus and Community Walks**

**QPR- (Question Persuade Refer Training)** just like CPR, QPR is an emergency response to someone in crisis and can save lives.

**safeTalk Training-** a half-day alertness training that prepares anyone over the age of 15 to become a suicide-alert helper.

**ASIST (Applied Suicide Intervention Skills Training)** – Two day training open to anyone 16 or older

**Adult/Youth Mental Health First Aid-** an in-person eight hour training that teaches how to help people developing a mental illness or in a crisis.

Presentation

Webinar/Online Training

Conference

Various other events