

BUILDING HOPE SERVICES MENU



NATIONAL TRAININGS

Mental Health First Aid (MHFA)

Eight hour training on major mental illnesses and general behavioral diagnoses, referring to appropriate care, crisis response, and stigma reduction.

- For English MHFA contact: Ravi@buildinghopesummit.org
- For Spanish MHFA contact: Milena@buildinghopesummit.org

Question. Persuade. Refer. (QPR)

One and a half hour training specific to suicide prevention and referring to appropriate resources.

- For English QPR contact: Kellyn@buildinghopesummit.org
- For Spanish QPR contact: Milena@buildinghopesummit.org

LOCAL TRAININGS

Mental Health Navigation and Literacy

Caring for our mental health and knowing how to connect when loved ones, friends or even ourselves who need support can be challenging. Join us at Building Hope to learn how to identify a need in yourself or others, locate a good resource and learn how to connect with the right help when you need it. We have created a one hour long training to help you understand the ins and outs of our mental health support system so that you can get friends, family members and co-workers connected to the right resource. Come spend one hour with Building Hope and learn some basic tools and information so you can be prepared and know where to go!

- For English Training contact: Kellyn@buildinghopesummit.org
- For Spanish training contact: Milena@buildinghopesummit.org



Building Hope Ambassador Training

Following Navigation and Literacy Training, this class dives into how to support someone who's seeking help around mental health. Topics include cultivating hope, holding space for someone who's hurting and specific steps to take in order to help someone. This training features real-time roleplaying on various scenarios. We also discuss how to maintain energetic boundaries for people in a helper role.

- For English Training contact: Nicole@buildinghopesummit.org
- For Spanish training contact: Milena@buildinghopesummit.org



OTHER SERVICES

Private Connectedness Event

Would you like to offer some of the events we offer community-wide (Yoga, Journaling, Mindful Man, Expressive Art, Nature Walks, Meditation, etc) for your workplace or small group? Perhaps during business hours or in a setting where your specific group can address their unique needs? We'll do all of the planning based on your schedule and facilitate an event that's right for you.

- Contact: Emily@buildinghopesummit.org

Mental Health Scholarships

Unable to provide mental health benefits for your employees? Does your health insurance plan have a high deductible or high cost mental health benefits? Utilize our Mental Health Scholarships to offset the costs of accessing therapy by purchasing counseling hours through the Building Hope Scholarship Program. Recipients will partner with Building Hope and be given a mental health voucher to get the confidential support they need. This also helps you keep your staff healthy, reliable, resilient, and accountable at work.

- Contact: Ravi@buildinghopesummit.org