



Loudoun County, Virginia

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NEWS RELEASE

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September is Suicide Prevention Awareness Month and National Recovery Month; Loudoun County Offers New Mental Health Education Programs

In recognition of Suicide Prevention Awareness Month and National Recovery Month, Loudoun County is expanding its mental health education programs with two new training opportunities for members of the public. These programs will be part of the county's ongoing mental health and substance abuse prevention efforts. All programs are free, but registration is required, and seats are limited.

Suicide Prevention Training

The [Question Persuade and Refer](#) program offers training to help people recognize the warning signs of a suicide crisis and how to refer someone for professional help. The suicide prevention training teaches three simple steps that anyone can learn to help save a life from suicide; question, persuade and refer. The virtual training presentation lasts about one hour. Discussion and practice opportunities will follow the presentation. Upcoming classes will be held:

- Tuesday, September 14, 2021, 7:00 p.m.
- Tuesday, September 28, 2021, 12:00 p.m.

For details about the training and to register, visit loudoun.gov/suicidepreventiontraining.

Adverse Childhood Experiences Training

The [Adverse Childhood Experiences](#) training is a one-hour educational program that aims to raise awareness of Adverse Childhood Experiences, or ACEs. ACEs are potentially traumatic events that occur in childhood (0-17 years). ACEs are linked to chronic health problems, mental illness, and substance use problems in adulthood. The training teaches that ACE prevention is the greatest opportunity for improving the well-being of communities. The virtual training presentation lasts about one hour. Discussion and a question-and-answer session will follow the presentation. The next class will be held:

- Tuesday, September 28, 2021, 6:00 p.m.

For details about the training and to register, visit loudoun.gov/childhoodadversitytraining.

In addition to the new programs, Loudoun County continues to offer Mental Health First Aid and REVIVE! classes.

Mental Health First Aid

[Mental Health First Aid](#) offers training that teaches people how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training also teaches the skills that someone needs to reach out and provide initial help and support to someone who may be

developing a mental health or substance use problem or experiencing a crisis. There are two versions of the program, a general adult program and a program for adults who interact with youth. The virtual trainings are usually held over a two-day period, with the class lasting for about three hours each day. The next trainings are:

- Youth Mental Health First Aid: September 15 & 16, 2021, 1:00 – 4:00 p.m. each day. (Deadline to register is September 8.)
- Adult Mental Health First Aid: September 21 & 22, 6:00 – 9:00 p.m. each day. (Deadline to register is September 13.)

For details about the training and to register, visit loudoun.gov/mhfirstaid.

Opioid Overdose Reversal

Loudoun County offers local training sessions of [REVIVE!](#), the opioid overdose and naloxone education program for the Commonwealth of Virginia. Anyone who uses opioids or knows someone who is using opioids is encouraged to attend. The virtual sessions last about one hour. Upcoming classes are:

- Thursday, September 9, 2021, 5:30 - 6:30 p.m.
- Monday, September 13, 2021, 5:30 - 6:30 p.m.

For details about the training and to register, visit loudoun.gov/revive.

For more information on the prevention and intervention services offered by the Loudoun County Department of Mental Health, Substance Abuse and Prevention Services, visit loudoun.gov/mhsadsprevention or send an email to prevention@loudoun.gov.

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