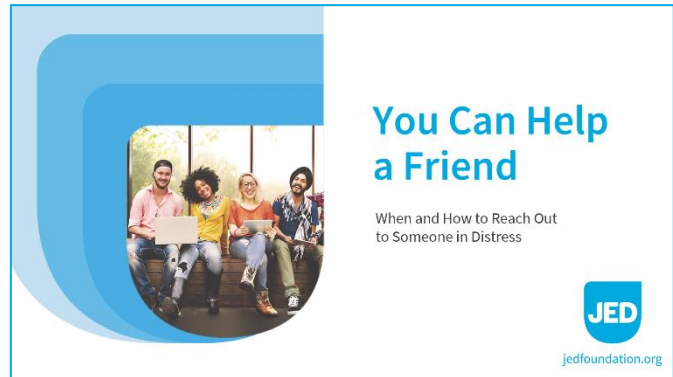


JED's "You Can Help" Trainings

A fundamental part of a comprehensive approach to supporting mental health and preventing suicide is to train community members to identify and support students who may be struggling with a mental health challenge and refer them to professional help if needed. JED's "You Can Help" is designed to help you educate faculty, staff, and student peers on how they can best support others on campus.

You Can Help consists of two training packages:

You Can Help A Friend (YCHAF) - a 60-90 minute in-person workshop **to help your students** learn how to recognize and respond to signs of distress in their peers. Facilitators for the workshop should include counseling or health professionals, or other staff who work with students and are familiar with campus mental health topics and resources. This training consists of a PowerPoint slide deck and an accompanying conversation guide.



You Can Help a Student (YCHAS) – a similar training designed **to help your faculty and staff** understand how to identify and support struggling students and refer when necessary. Guided discussion points for the facilitators are found directly in the slide deck for this training.

Included with these training modules are online pre- and post- assessment surveys that you can use to measure learning outcomes for your audiences.

Fees:

The fee to download and utilize these trainings at your institution is **\$1,500**.

Please note that colleges and universities enrolled in our four-year **JED Campus** program receive "You Can Help" through their participation in the program. Colleges and universities enrolled in our 18-month **JED Campus Fundamentals** receive "You Can Help" for the duration of the program.

Professionals at these institutions may contact their JED Campus team lead for more information on how to access the trainings.



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Training Content:

The presentations are meant to be **interactive and conversational** with a focus on actions that the audience can take to support others who may be in distress. Both presentation decks include:

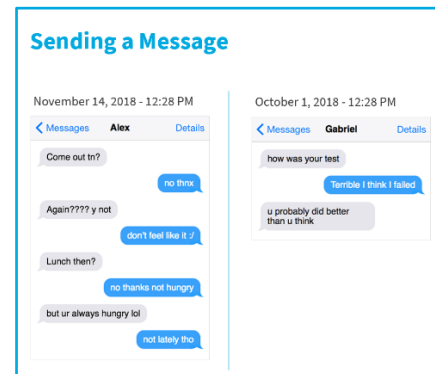
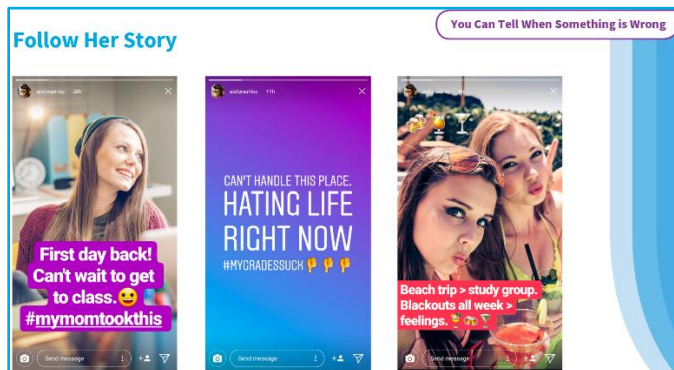
- Data and statistics about college student mental health
- Signs and symptoms of distress
- How to be supportive and give help to others
- Conversation starters around mental health
- Signs of suicidality and how to respond
- Information on where to go for help and support

Both training packages allow for inclusion of campus specific resources for referral and support.

You Can Help a Student (for faculty and staff) also includes information on how to **create a supportive classroom** for students who may be experiencing challenges with their mental health.

You Can Help a Friend (for students) also includes a variety of content to help engage the audience in conversation. Video content, case study scenarios, and opportunities to practice conversation skills with peers are all included.

Screenshots of Case Study Scenarios:



A similar training package for high school teachers and staff is available.

For more information or to purchase the training, please visit:

<https://www.jedfoundation.org/you-can-help-a-friend-yachaf-training/>

or e-mail: info@jedfoundation.org



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