



Davidson LifeLine

Supporting suicide prevention and mental health awareness in our community

Davidson LifeLine was borne from a place of tremendous tragedy: a number of suicides, suicide attempts and mental health crises in our small community of 11,000 people. We are committed to providing tools to build resilience; resources to get help, and crisis intervention options, as needed. Teaming up with Charlotte-Mecklenburg Schools (CMS) to complement their mental health and suicide prevention efforts is one way we live our mission. Here's some of what we offer:

Training Opportunities

1. *Question-Persuade-Refer (QPR) Training*

Thanks to the Mental Health Association of the Central Carolinas, we are trained to provide this 90-minute session that teaches us how to sit with someone in crisis. Like CPR, QPR offers those in crisis a bridge to trained professionals. This interactive class is designed for those in high school and older. Currently, we offer QPR through the [Town of Davidson](#), free to the community. We also offer the course in several high schools. Class participants overwhelmingly feel more empowered to help. QPR is listed on the SAMHSA (Substance Abuse and Mental Health Services Administration's) National Registry of Evidence-based Programs and Practices.

2. *Mental Health First Aid (MHFA) for Adults and Mental Health First Aid for Youth*

MHFA is an eight-hour training class that teaches participants how to identify and respond to someone who is facing a mental health challenge. MHFA is listed on the SAMHSA (Substance Abuse and Mental Health Services Administration's) National Registry of Evidence-based Programs and Practices. Thanks to Carolinas HealthCare Systems, facilitators are ready to provide this eight-hour training.

Student Leadership Team

Comprised of high school students from schools in the Lake Norman area, these students are charged with creating a public project to increase mental health awareness and with creating a project they bring into their respective schools. Check out this year's spring project at [Text-Talk-Act](#). Join us in the effort!

Opening Eyes, Opening Minds Blog

A bi-weekly blog, *Opening Eyes, Opening Minds* highlights community events, local media stories about mental health issues, links to stories of hope and survival, and much more. Email lynnhenn2@gmail.com to join the blog.

Check Out Our Website

For resources, programs, and important links, go to www.davidsonlifeline.org

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