



Promoting mental health | Preventing suicide | Reducing stigma

OPCSMH FY26 CCG Previously Supported Activities

Suicide Prevention Trainings

Suicide Prevention Trainings	Description	Cost	Resources/Contacts
Mental Health First Aid Training	Recognition and referral for mental disorders.	Varies by trainer.	Get Trained - Mental Health First Aid
Question Persuade Refer (QPR) Training	Recognition and referral for suicidality.	<ul style="list-style-type: none"> • Gatekeeper Training Certification – \$595 (3-year Certification) • QPR for Athletics – \$30 • QPR Veterans Edition – \$495 • QPR Youth and Young Adult – \$495 • QPR for School Health Professionals, Youth Workers, Mentors, and Advocates – \$98 • QPR Gatekeeper Individual training online – \$29.95 • QPR Pro Gatekeeper Training – \$99 • QPR Gatekeeper PLUS (2-hour edition) – \$59.00 	QPR Institute Practical and Proven Suicide Prevention Training QPR Institute
Applied Suicide Intervention	2-day training program that teaches participants how to assist those at risk for suicide.	Varies by training site.	LivingWorks ASIST - LivingWorks Email: info@livingworks.net

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Skills Training (ASIST)	Learn how to: Recognize signs, provide skilled intervention, and develop a safety plan to keep someone alive.		
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Peer Support Groups/Programs

Peer Groups/Programs	Description	Cost	Resources/Contacts
Collegiate Recovery Communities	Peer-driven recovery support delivered on college campuses through a mix of professional and peer-driven supports supplemented with self-management, based on the individual's needs, resources and recovery stage.	Free to create a group, staff time/effort to support group, money for events may vary.	Kent State University – Collegiate Recovery Community Kent State University Ohio State University – https://swc.osu.edu/services/collegiate-recovery-community/ Ohio University – https://www.ohio.edu/counseling/crc University of Akron – University of Akron - Association of Recovery in Higher Education: ARHE ARHE – Collegiate Recovery - Association of Recovery in Higher Education: ARHE

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<p>Sources of Strength (SOS)</p>	<p>Evidence-based upstream approach to youth mental health promotion and suicide prevention that harnesses the power of peer social networks to create healthy norms and culture, ultimately preventing suicide, violence, bullying, and substance misuse.</p>	<p>Pricing Options - Sources of Strength</p>	<p>Secondary - Sources of Strength</p>
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Student Led Organizations & Programs

Student Led Organizations	Description	Cost	Resources/Contacts
<p>NAMI on Campus</p>	<ul style="list-style-type: none"> • Student-led, student-run mental health organizations on college campuses. • Raise mental health awareness with fairs, walks and candlelit vigils. • Educate the campus with presentations, guest speakers and student panels. • Advocate for improved mental health services and policies on campus. • Support peers with signature NAMI programs and training from NAMI State Organizations and Affiliates. • Largest grassroots mental health organization in America. 	<p>No cost to create a group.</p> <p>*Optional \$40 annual membership</p> <p>Note: Employee time to support group, funds for events, etc. may apply</p>	<p>National Alliance on Mental Illness (NAMI) Mental Health Support, Education & Advocacy</p>
<p>Active Minds</p>	<ul style="list-style-type: none"> • Student-led organizations to promote mental health 	<p>No costs to become a chapter; employee time and effort to support</p>	<p>Ohio Program for Campus Safety & Mental Health, opcsmh@neomed.edu</p>

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	<ul style="list-style-type: none"> Nation’s premier nonprofit organization supporting mental health awareness and education for young adults 	group and money for events; ~\$2,000 to \$5,000 for Active Minds speakers and/or programs.	http://www.activeminds.org
Student-Led Educational Programming	<p>Examples:</p> <ul style="list-style-type: none"> In Our Own Voices – IOOV gives attendees a personal perspective about mental health conditions as they hear individuals with lived experience talk openly about their condition and their recovery. IOOV seeks to educate participants that with the right healthcare and support, mental health conditions can be managed as well as other health conditions such as diabetes or high blood pressure, and that people can live well and achieve their goals. Language Matters – Content focuses on recognition of language that perpetuates misinformation and mischaracterization of the disorders and the individuals who live with them and provides replacement language that can neutralize stigmatizing characterizations. 	Cost varies by presenter, need for support of staff time, etc.	
Student/Peer Advocate Compensation	<ul style="list-style-type: none"> Funds used to compensate student/peer advocates providing mental health support through college/university programs. 	Varies.	



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Support of Staff Time	<ul style="list-style-type: none"> Funds may be used to support Staff time to plan, develop and implement CCG approved programming. 	Varies.	
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Hotlines

Hotlines	Description	Cost	Resources/Contacts
Crisis Text Line in Ohio	Text "4hope" to 741741	No cost.	Resources and electronic downloads are available online – Crisis Text Line Text HOME to 741741 Free, 24/7 Mental Health Support

Screenings

Screenings	Description	Cost	Resources/Contacts
Screening, Brief Intervention and Referral to Treatment (SBIRT)	Evidence-based practice to identify, reduce and prevent problematic use, abuse, and dependence on alcohol and illicit drugs.	\$550 for 1.5 hours 1-Day Training \$4,500-\$5,000	The Ohio State University Higher Education Center for Alcohol and Other Drug Misuse Prevention and Recovery - Explore ScreenU – Higher Education Center for Alcohol and Drug Misuse Prevention and Recovery (osu.edu)
National Depression Screening Day	Depression screening in schools helps students gain practical knowledge about their mental health and serves as an	Varies.	National Depression Screening Day



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	essential tool for suicide prevention.		
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Mental Health Awareness Campaigns

Mental Health Awareness Campaigns	Description	Cost	Resources/Contacts
The Bandana Project (TBP)	Volunteer-driven movement dedicated to preventing suicide through promoting help-seeking behavior and increasing awareness of vital mental health resources. Volunteers are given basic suicide prevention training, and pledge to refer those in need of mental health and suicide prevention information and resources.	No cost to establish a group on campus. Cost of materials and time may apply.	The Green Bandana Project Email: thebandanaproject2@gmail.com
Mental Health Awareness Week/Events	Example materials include: <ul style="list-style-type: none"> • Posters • Educational materials • T-shirts • Stickers • Journals • Chalk • Hand-outs/fliers • Pens • Notepads • Banners • Marketing materials 	Varies.	988 Resource Store AFSP Ohio Program and Material Request

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	<ul style="list-style-type: none"> • Therapy animals • Yoga instructor 		
Mental Health PSA Videos	<p>Funds may be used to support the production of PSA awareness videos. Examples include:</p> <ul style="list-style-type: none"> • Advocacy awareness videos • Crisis line awareness videos • Stigma reduction videos 	Varies.	
Self-Care Kits	<p>Examples of self-care items may include:</p> <ul style="list-style-type: none"> • Motivational stickers • Stress balls • Arts and crafts • Journal • Coloring books • Stress balls • Mindfulness resources • Anxiety-reduction materials • Creative expression kits • Paint sets • Educational materials • Sensory materials 	Varies by supplier.	
Mental Health Speaker Series	<p>Grant funds may be used to compensate mental health speakers promoting mental health awareness, wellness, etc. Examples include training/education on the topics of:</p> <ul style="list-style-type: none"> • Addiction & Health Recovery Strategies • Trauma Informed Care • Community of Practice Facilitation • Burnout and Compassion Fatigue 	Varies by speaker.	

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<p>Film Screenings</p>	<ul style="list-style-type: none"> • <i>Generation Found</i> • <i>The S Word</i> 	<p>Varies by film and distributor.</p>	<p>Generation Found Film - Houston Recovery Initiative Shattering the Silence around Suicide (theswordmovie.com)</p>
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Telehealth Services

<p>Telehealth Services</p>	<p>Description</p>	<p>Cost</p>	<p>Resources/Contacts</p>
<p>Therapy Assistance Online (TAO)</p>	<ul style="list-style-type: none"> • Online suite of tools to teach life skills, build resilience, and encourage positive growth. • Evidence-based educational modules are comprised of brief videos, interactive games, and mindfulness exercises meant to help you recognize and confront negative thoughts and behaviors. 	<p>Free online resource, simply sign up for an account and navigate through your dashboard of tools and sessions</p>	<p>TAO Connect: Evidence-Based Mental Health Resources for All</p>
<p>StressBusters Mobile App</p>	<ul style="list-style-type: none"> • Mobile application which provides in-the-moment coping skills and information on suicide prevention, intervention, referrals, and emergency resources. 	<p>\$3,500</p>	<p>Smartphone Applications (utoledo.edu)</p>
<p>BetterYou Mobile App</p>	<ul style="list-style-type: none"> • BetterYou mobile application lets students set goals in four wellness categories: physical, social, educational and mindfulness. BetterYou keeps track of progress for you, which can make improving one’s overall wellness simpler and more manageable. BetterYou learns when 	<p>Varies by package.</p>	<p>BetterYou</p>



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	<p>you're hitting your goals and when you're likely to fall off track. When you're falling behind, you'll get a gentle nudge reminding you to get back on track.</p>		
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Professional Development Opportunities

Professional Development Opportunities	Description	Cost	Resources/Contacts
<p>Mental Health on College Campuses Conference</p>	<ul style="list-style-type: none"> The annual event hosts attendees from over 50 colleges and universities from across the nation for a focused review of recent research and practical advances in our understanding of mental illnesses in college students. 		<p>Mental Health on College Campuses Conference – The University of Michigan</p>
<p>Higher Education Suicide Prevention Coalition Conference (HESPC)</p>	<ul style="list-style-type: none"> The Higher Education Suicide Prevention Coalition (HESPC) is a collaborative organization with the united goal of developing and implementing strategies to reduce suicides on college campuses and improve the overall wellness of students. HESPC hosts an annual conference that aims to create a powerful opportunity for networking, learning, and developing techniques to prevent suicide. 	<p>~ \$800/person</p>	<p>HESPC</p>
<p>NASPA Conference Registration</p>	<ul style="list-style-type: none"> National Association of Student Personnel Administrators Conference 		<p>2026 NASPA Annual Conference</p>