




**Legacies  
Empowered**

**Substance Use,  
Mental Health &  
Suicide Prevention  
Resources**



**It's okay to  
not be okay.**

Struggles with **substance use, mental health** and **thoughts of suicide** are not uncommon. If you or someone you know like a friend or family member are struggling, you may feel helpless and unsure about what to do. We want to give you the **tools, knowledge** and **resources** you need to **be empowered**.

One thing that is important to understand is that these issues can be **co-occurring**. For example, someone struggling with their mental health may also use substances to cope and can become addicted. Likewise, someone struggling with substance use may have suicidal thoughts.

In all cases, **early intervention** and being connected with the **right support** is crucial. Please read on to learn about trainings that can teach you how to offer initial help.

# Legacies Empowered can help.

We offer **Mental Health First Aid (MHFA)** and **Question, Persuade and Refer (QPR)** suicide prevention training to local organizations, schools and businesses.

Like CPR, **MHFA** teaches how to offer initial help to someone in a mental health crisis and how to connect a person to appropriate care. We're certified to teach:

- **Youth MHFA** for adults to learn how to respond to signs of mental health and substance use challenges among children and adolescents ages 12-18.
- **Teen MHFA** for teens ages 14-18 to learn how to provide support to peers as well as better cope with mental health challenges themselves.
- **Adult MHFA** for adults to learn how to respond to someone experiencing a mental health or substance use crisis.

**QPR** is focused on three steps that anyone can learn to help save a life from suicide. In QPR training, you'll learn how to recognize the warning signs of a suicidal crisis and how to question, persuade and refer someone to help.

Our organization has other initiatives related to suicide prevention that we would love for you to get involved in! Scan the QR code to visit our website where you'll find an interest form to volunteer or request one of the trainings listed above.

## Our mission

To provide **culturally-responsive support to eliminate barriers towards generational success for underrepresented communities.**

# Support is available.

It can be overwhelming navigating the help that's available. We've compiled a short list of resources in the Greater Cleveland area, including counseling, support groups, grief support, addiction recovery, and harm reduction, including Narcan. Scan the QR code to view the directory on our website.



***Need help now?***  
**Call or text 988**

If you or someone you know are suicidal, in a mental health/addiction crisis or need connected with treatment/ support dial **988**, the 24/7 national **Lifeline**.

The national **Crisis Text Line** is also available 24/7 by texting **741-741**.

**You're  
not alone.**

# Breaking barriers. Strengthening families. Building generations.

## Get involved. Be empowered.



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*legaciesempowered.org*



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