



Wellness, Health Promotion & Prevention

The Fairfax-Falls Church Community Services Board's (CSB) Wellness, Health Promotion & Prevention (WHPP) team strengthens our community's emotional health and ability to handle challenges related to mental health concerns and substance misuse through trainings, workshops, presentations, and campaigns.

TRAININGS



Mental Health First Aid

Courses for: Adult, Youth, Spanish, Older Adults, Higher Education and Public Safety (8 hours). Recognize the signs of a mental health or substance use disorder, help someone in a crisis, and identify support resources.



Online youth suicide prevention training

Kognito is an online training that helps adults notice when a child or young adult is showing signs of stress, how to talk with them about these signs, and connect them to appropriate support. (Free, 30-60 minutes)



Adverse Childhood Experiences (ACE) Interface

Presentation to help understand the impacts of childhood adversity and trauma on development and how to build resiliency and improve well-being. (Free)



REVIVE! Rescuer Training

Understand opioids and how opioid overdoses happen. Learn the signs of an overdose and how to respond to an overdose emergency. (Free, 60-90 minutes)



QPR (Question, Persuade, Refer)

QPR is a suicide prevention program where participants learn to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. (Free, 60 minutes)



Talk. They Hear You.

Empowers parents and caregivers to talk with children and teens about alcohol. Understand the risks and triggers of underage drinking and how to play a role in prevention. (Free, 90 minutes)



FAIRFAX - FALLS CHURCH
Community Services Board



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INITIATIVES



Test Your Mood (English & Spanish)

Get a checkup from your neck up! Receive quick, free and confidential online screenings and resources for a variety of mental health issues. bit.ly/TestYourMood



myStrength

myStrength is an online tool to help you live your best life. You'll find help for stress, anxiety, chronic pain, and more. It's safe, secure and personalized. Track your health and become inspired. (Free)



Fairfax Prevention Coalition (FPC)

FPC is a community-based partnership to combat substance misuse in our community.



Suicide Prevention Alliance of Northern Virginia (SPAN)

SPAN is a regional alliance committed to building on strengths and empowering communities to prevent suicide. www.suicidepreventionnva.org



Lock & Talk

"Lock Meds. Lock Guns. Talk Safety." promotes safe and responsible care of lethal items to prevent their misuse and encourages communities to talk about mental wellness.



Counter Act

The initiative assesses the availability of tobacco products in the community and educates tobacco vendors on not selling tobacco to minors.



A's Pals

Equips teachers to create safe, empathic classrooms that teach children 3 to 8 years old to self-regulate, form caring relationships and make safe and healthy choices. (Free)

**For more information,
call 703-383-8451 or email
csbprevention@fairfaxcounty.gov.**



Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Reasonable accommodations will be provided upon request. Call 703-324-7000, TTY 711.

Oct. 2020