

Household Emergency Preparedness Manual

Addendum I: Mental Health

Learning Path Reference

Northern Utah / Wasatch Front Edition

Every course, certification, and organization referenced across all four stages of this addendum, gathered into one reference card. See the full addendum for the reasoning and context behind each resource.

Stage 1: Foundations (Awareness)

Resource	Cost / Format	Notes
Listen, Protect, Connect: Family to Family, Neighbor to Neighbor (FEMA/Dr. Merritt Schreiber)	Free, online	The original PFA handbook already cited in Chapter 9; read the source document, not just the summary.
988 Suicide & Crisis Lifeline (Utah)	Free	988.utah.gov. Already cited in Chapter 9; understand exactly what happens when you call or text.
SAMHSA disaster behavioral health model overview	Free, online	samhsa.gov. The six-phase model's official source.

Stage 2: Applied Practice (Competent)

Resource	Cost / Format	Notes
NAMI Utah QPR training	Free	namiut.org/support-and-education/qpr-suicide-prevention-education. Free monthly online workshops.
Mental Health First Aid (Utah providers)	Course fees vary by provider; some free/subsidized	utahsuicideprevention.org lists current Utah trainers and providers, including NUHOPE and county behavioral health agencies.

Resource	Cost / Format	Notes
SAMHSA National Helpline	Free	1-800-662-4357. Already cited in Chapter 9; confirm your household actually knows this exists alongside 988.

Stage 3: Self-Sufficiency (Proficient)

Resource	Cost / Format	Notes
Utah Suicide Prevention training network	Course fees vary	utahsuicideprevention.org. Central Utah hub for QPR, Mental Health First Aid, Creating Safety, and related advanced trainings.
NUHOPE course offerings	Course fees vary	nuhopeutah.org/courses-offered. A Utah community mental health training provider offering a range of courses beyond the basics.
Local support group facilitation opportunities	Often free to volunteer	Contact NAMI Utah or your county behavioral health agency directly for co-facilitation opportunities.

Stage 4: Mastery & Teaching (Expert)

Resource	Cost / Format	Notes
Utah Certified Peer Support Specialist (CPSS) program	Training program; exam fee applies	sumh.utah.gov/education/certification/peersupportspecialists. Requires 1+ year of documented recovery.
Mental Health First Aid Instructor certification	Program and travel costs vary	mentalhealthfirstaid.org/individuals/certification-process. Requires a completed MHFA course within the past 3 years.
NAMI Utah and county behavioral health agencies	Free to engage with	Direct contact for community-scale program design, volunteer coordination, and current local resources.