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| **Program Name** | **Grade Level** | **Cost** | **Summary/Key Concepts** |
| NAMI South Dakota Ending the Silence  www.namisouthdakota.org/ets | 6th – 12th | FREE | Mental health literacy presentation, stories of lived experience, recovery |
| Jesse Lewis Choose Love Movement  www.jesselewischooselove.org | PK – 12th | FREE | Social and Emotional Learning (SEL) Curriculum which fuses SEL with character education, positive psychology, mindfulness, neuroscience, and emotional intelligence |
| Asset Education  www.asset-edu.org | K – 12th | Teacher partnership: $50  School partnership: sliding scale | ASSET’s curriculum is rooted in mindfulness and positive psychology. Goal is to reduce student stress and build resilience. |
| Teen Mental Health  www.teenmentalhealth.org | 9th-12th | FREE | Mental health literacy, includes supplemental resources and activities |
| Question, Persuade, Refer (QPR)  www.sdsuicideprevention.org/about-suicide/trainings/ | 6th – 12th | Refer to website for cost | 1-2 hour training that teaches 3 simple steps that anyone can learn to help save a life from suicide |
| Youth Mental Health First Aid  www.sdsuicideprevention.org/about-suicide/trainings/ | 6th – 12th | Refer to website for cost | The program helps build mental health literacy, helping the public identify, understand, and respond to signs of mental illness |
| The Compassion Project  www.thecompassionproject.com | 2nd – 4th | FREE | Multimedia SEL curriculum, resiliency, self-care, empathy, teamwork, mindfulness |
| ASIST  www.helplinecenter.org | K – 12th | Refer to website for cost | ASIST model teaches effective intervention skills while helping to build suicide prevention networks in the community. 2-day training |

**Resources for Mental Health Education Curriculum**

For a more extensive list of mental health trainings, visit the South Dakota Suicide Prevention website at: [www.sdsuicideprevention.org](http://www.sdsuicideprevention.org) or the Helpline Center website at [www.helplinecenter.org](http://www.helplinecenter.org).