Behavioral Health and Suicide Prevention Among Older Adults: Training Resource Guide

A Guide of Training Resources for Professionals Providing Person-Centered Counseling

This resource guide accompanies the “Promoting Behavioral Health and Preventing Suicide in Older Adults” webinar, prepared by Human Services Research Institute and Mission Analytics Group under contract with the Substance Abuse and Mental Health Administration (SAMHSA) in collaboration with the Administration for Community Living (ACL)

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# Recognizing and Responding to Older Adult Behavioral Health Issues

| **Topic** | **Resource, Creator, Date** | **Description** | **Format** | **Cost** |
| --- | --- | --- | --- | --- |
| Behavioral Health and Aging | ***Older Americans Behavioral Health Series: Issue Brief Series and Webinar Series***  SAMHSA, AoA and NCOA (2011-2013)  <https://www.ncoa.org/center-for-healthy-aging/behavioral-health/older-americans-behavioral-health-series/> | These resources cover key behavioral health issues that affect older adults, including suicide, depression, anxiety, and alcohol and prescription medication misuse, as well as prevention and treatment programs to address these problems. | Issue Briefs & Webinars | Free |
| Mental Health and Aging | ***Mental Health and Aging Issues***  BU Center for Aging & Disability Education & Research (CADER) (2016)  [http://www.bu.edu/phpbin/registration-manager-catalogs/cader/app//catalog.‌php?action=section&course\_section\_id=3329](http://www.bu.edu/phpbin/registration-manager-catalogs/cader/app//catalog.php?action=section&course_section_id=3329) | This online training course reviews prevalent mental health concerns among older adults. The participant is offered tools and skills to identify symptoms, to intervene appropriately, and to offer referrals. | Online Training Course | $120.00  4 CEUs available |
| Mental Health and Aging | ***Online Resources to Support Mental Health***  Pennsylvania Behavioral Health and Aging Coalition (2013)  <http://www.olderpa.org/onlineresourcesmh> | This webinar reviews information resources for mental health and aging professions. | Webinar | Free |
| Anxiety | ***Anxiety Disorders Among Older Adults***  Relias Academy (expires 4/2017)  <http://www.reliasacademy.com/browse/productDetailSingleSku.jsp?productId=c176140> | This online training course assists professionals in recognizing the symptoms of anxiety in older adults, in identifying current treatment methods, and referring at-risk older adults for evaluation and treatment. | Online Training Course | $15.00  1 CEU available |
| Depression | ***The Treatment of Depression in Older Adults Evidence-Based Practices (EBP) KIT***  SAMHSA (2011)  <http://store.samhsa.gov/product/Treatment-of-Depression-in-Older-Adults-Evidence-Based-Practices-EBP-KIT/SMA11-4631CD-DVD> | This evidence-based practice kit contains ten booklets which guide the reader on treatment and services for older adults with depression, including dysthymia. | Evidence-Based Practices KIT | Free |
| Reaching & Engaging Older Adults | ***Reaching & Engaging Older Adults in Behavioral Health***  SAMHSA, AoA, NCOA, Behavioral Health Older Americans TAC (2012)  <https://www.ncoa.org/resources/webinar-reaching-engaging-older-adults-in-behavioral-health/> | This webinar hosts community leaders who share approaches to engage older adults with diverse identities in prevention and early intervention programs focusing on depression, and alcohol and medication misuse.  See also *Issue Brief 11* in the *Older Americans Behavioral Health Series* | Webinar | Free |
| Alcohol and Prescription Drug Misuse | ***Get Connected! Linking Older Adults with Medication, Alcohol, and Mental Health Resources***  SAMHSA, HHS & NCOA (2003)  <http://store.samhsa.gov/product/Linking-Older-Adults-With-Medication-Alcohol-and-Mental-Health-Resources/SMA03-3824> | This toolkit supports service providers in learning about mental health problems and medication misuse among older adults. The toolkit is intended to assist staff in planning prevention programs to support older adults with mental health and substance abuse problems. | Toolkit | Free |
| Alcohol and Prescription Drug Misuse | ***TIP 26: Substance Abuse Among Older Adults***  SAMHSA (2008)  <http://store.samhsa.gov/product/TIP-26-Substance-Abuse-Among-Older-Adults/SMA12-3918> | This Treatment Improvement Protocol (TIP) provides guidelines on screening and assessment and the treatment of prescription drug and alcohol abuse in older adults. | Treatment Improvement Protocol (TIP) | Free |
| Alcohol and Prescription Drug Misuse | ***Alcohol and Psychoactive Medication Misuse/Abuse Prevention***  SAMHSA, AoA, NCOA Behavioral Health Older Americans TAC (2012)  <https://www.ncoa.org/resources/webinar-alcohol-and-psychoactive-medication-misuse-and-abuse-prevention/> | This webinar focuses on the prevalence, risk factors and impact of alcohol and medication misuse and abuse among older adults. Intervention strategies and state and local prevention programs are featured in the webinar.  See also *Issue Brief 2* in the *Older Americans Behavioral Health Series* | Webinar | Free |
| Alcohol and Prescription Drug Misuse | ***Screening and Brief Interventions for Alcohol and Psychoactive Medication Misuse & Abuse***  SAMHSA, AoA, NCOA, Behavioral Health Older Americans TAC (2012)  <https://www.ncoa.org/resources/webinar-screening-and-brief-interventions-for-alcohol-and-psychoactive-medication-misuse-abuse/> | This webinar reviews the evidence-based program Screening and Brief Interventions (SBI) for the prevention of psychoactive medication and alcohol misuse and abuse in older adults.  See also *Issue Brief 3* in the *Older Americans Behavioral Health Series* | Webinar | Free |
| Alcohol and Prescription Drug Misuse | ***Reducing the Risk of Medication-Alcohol Interactions in Older Adults***  Geriatric Mental Health Partnership (GMHP) (2015)  <http://worldeventsforum.blogspot.com/p/blog-page_28.html> | This webinar discusses the impact of medication and alcohol interactions in older adults. | Webinar | Free |
| Alcohol and Prescription Drug Misuse | ***Mixing Alcohol With Medicines***  National Institute on Alcohol Abuse and Alcoholism (2014)  <http://pubs.niaaa.nih.gov/publications/Medicine/Harmful_Interactions.pdf> | This pamphlet lists the medications which are harmful to take with alcohol and explains the negative effects these interactions may produce. | Pamphlet | Free |
| Alcohol and Prescription Drug Misuse | ***Prescription Medication Misuse and Abuse***  SAMHSA, AoA, NCOA, Behavioral Health Older Americans TAC (2011)  <https://www.ncoa.org/resources/webinar-prescription-medication-misuse-and-abuse/> | This webinar reviews medication misuse and abuse among older adults. The prevalence, risk factors, and impact of misuse are covered and professionals are informed of screening tools and strategies to help identify and intervene with at risk older adults.  See also *Issue Brief 5* in the *Older Americans Behavioral Health Series* | Webinar | Free |
| Alcohol and Prescription Drug Misuse | ***Addressing Addiction Among Older Adults***  National Council for Behavioral Health (2016)  <http://www.thenationalcouncil.org/events-and-training/webinars/webinar-archive/> | This webinar addresses the growing problem of substance abuse and addiction among older adults in the United States. | Webinar | Free;  registration required |
| Hoarding | ***Hoarding: Housekeeping isn’t the only Concern***  Connecticut Resident Services Coordinator Training  <http://www.ctrsctraining.com/webcasts.html> | This webinar reviews the topic of hoarding among older adults. It includes discussion on identification of hoarding and treatment options. | Webinar | Free |
| Hoarding | ***Understanding Hoarding Behaviors***  Pennsylvania Behavioral Health and Aging Coalition (2013)  <http://www.olderpa.org/hoarding> | This webinar discusses the characteristics, prevalence, risk factors, and symptoms of hoarding and offers treatment options and resources. Changes to the DSM 5 criteria for hoarding is also discussed. | Webinar | Free |
| Personality Disorders and Aging | ***Personality Disorders and Aging***  Geriatric Mental Health Partnership (GMHP) (2014)  <http://worldeventsforum.blogspot.com/p/l-ive-event-to-be-held-thursday-april.html> | This webinar is aimed to teach participants productive and less stressful methods of interacting with older adults who have personality disorders. | Webinar | Free |
| Bipolar Disorder | ***Demystifying Bipolar Disorder***  Depression and Bipolar Support Alliance (DBSA) (2014)  <https://youtu.be/ST-HnJAym8o> | This webinar educates individuals on bipolar disorder, reviews the myths versus the facts, and offers tools to manage the disorder. | Webinar | Free |
| PTSD | ***Posttraumatic Stress Symptoms among Older Adults: A Review***  National Center for PTSD (updated in 2016)  <http://www.ptsd.va.gov/professional/treatment/older/ptsd_symptoms_older_adults.asp> | This website reviews the symptoms of PTSD during aging, the prevalence of trauma in older adults, differences in PTSD between older and younger adults, and provides additional resources. | Website | Free |
| PTSD | ***PTSD Assessment and Treatment in Older Adults***  National Center for PTSD (updated in 2016)  <http://www.ptsd.va.gov/professional/treatment/older/assessment_tx_older_adults.asp> | This website is designed for health care professionals and provides information on appropriate interventions for older adults with PTSD. | Website | Free |
| PTSD | ***Aging and PTSD***  Department of Veterans Affairs (2011)  <http://www.ptsd.va.gov/professional/continuing_ed/aging-ptsd.asp> | This online training course reviews the prevalence and impact of PTSD in older adults and provides assessment and treatment information. | Online Training Course | Free  CEUs available |
| Mental Health First Aid | ***Mental Health First Aid***  National Council for Behavioral Health  <http://www.mentalhealthfirstaid.org/cs/take-a-course/course-types/adult/> | This website provides information on where to find the Mental Health First Aid and Instructor training courses in the user’s area. Current research, news and legislation on Mental Health First Aid is available. | Website | Free |
| Mental Health First Aid | ***Mental Health First Aid Older Adults Module***  Mental Health First Aid (2015)  <http://mhfastore.org/index.php/mhfa-older-adults-module.html> | This module teaches how to identify signs and risk factors of mental health and substance abuse/misuse in older adults. This is a supplement to the core eight hour MHFA curriculum. | Module | $50.00 |
| Mental Health First Aid | ***Mental Health First Aid***  SAMHSA-HRSA Center for Integrated Health Solutions  <http://www.integration.samhsa.gov/mental-health-first-aid> | This website offers general information on Mental Health First Aid including trainings in rural areas and for Spanish-speaking populations. | Website | Free |
| Alzheimer’s and Dementia | ***National Alzheimer’s and Dementia Resource Center (NADRC)***  AoA/ACL and NADRC (Updated in 2016)  <http://nadrc.acl.gov/> | This website links to several webinar series on Alzheimer’s disease and related dementias. Slides, presentation recordings, transcripts, CE information and additional resources are made available. | Website with online trainings | Free |
| Alzheimer’s and Dementia | ***Alzheimer’s Disease and Other Dementias***  BU Center for Aging & Disability Education & Research (CADER) (2016)  <http://www.bu.edu/cader/browse-catalog/course-descriptions/alzheimers-disease-and-other-dementias/> | This online training course teaches practitioners to identify signs and symptoms of dementia and to effectively provide appropriate referral options and support. | Online training course | $120.00  4 CEUs Available |
| Alzheimer’s and Dementia | ***Training Resources Compendium for Dementia Care Providers and Volunteers***  RTI International, AoA/ACL (2015)  <http://nadrc.acl.gov/node/67> | This compendium lists free resources including trainings, tests, and policies to enhance learning for care providers and volunteers on dementia care. There is a section specifically designed for Options Counselors. | Compendium | Free |
| Alzheimer’s and Dementia | ***The Alzheimer’s Voice: Person-Centered and Person-Directed Dementia Care***  RTI International, Alzheimer’s Association, AoA/ACL (2014)  <http://nadrc.acl.gov/node/26> | This report address the need for person-centered care for persons with Alzheimer’s and other dementias. Care planning and communication and measurement tools are included in the report. | Report | Free |
| Alzheimer’s and Dementia | ***Dementia Care Training and Certification***  Alzheimer’s Association  <http://www.alz.org/professionals_and_researchers_11176.asp> | This website links to several online training and classroom trainings through CARES and essentiALZ. Courses cover basic Alzheimer’s and dementia care and more specific topics such as end-of-life dementia care. | Website with online trainings | Prices vary  CEUs available |
| Alzheimer’s and Dementia | ***Information & Support for In-Home Dementia Caregivers***  U.S. Department of Veterans Affairs (2014)  <http://www.ruralhealth.va.gov/education/dementia-caregivers/index.asp> | This online educational series is divided into twenty modules and is intended to help caregivers who are supporting persons with dementia. The content is also relevant to professionals who provide person-centered counseling. | Online educational modules | Free |
| Alzheimer’s and Dementia | ***Dealing with the Challenging Behaviors around Dementia***  Connecticut Resident Services Coordinator Training  <http://www.ctrsctraining.com/webcasts.html> | This webinar offers information on communication strategies and community resources to support older adults with dementia. | Webinar | Free |
| Alzheimer’s and Dementia | ***National Webinar Series: The Interprofessional Approach to Alzheimer’s Disease and Dementia Care***  New Jersey Institute for Successful Aging (NJISA), DHHS/ACL  <http://www.rowan.edu/som/njisa/njisanjgec-downloadable-resources/> | This is a five-part webinar series for health professionals which reviews assessment and management approaches to Alzheimer’s disease and dementia. | Webinar | Free (registration required) |
| Alzheimer’s and Dementia | ***UCLA Alzheimer’s and Dementia Care Video Series***  UCLA  <http://dementia.uclahealth.org/body.cfm?id=68> | This is a collection of brief videos which focus on problematic behaviors experienced by persons with dementia. The videos provide investigation into and tools for responding to the behaviors. | Videos | Free |
| Alzheimer’s and Dementia | ***This Caring Home***  Weill Cornell Medical College  <http://www.thiscaringhome.org/Index.aspx> | This is an interactive, virtual home which provides tips on home safety and enhancing the quality of life for persons living at home with dementia. | Multimedia | Free |
| Alzheimer’s and Dementia | ***Assessing Risk and Managing Behaviors in Persons with Dementia***  Geriatric Mental Health Partnership (GMHP) (2015)  <http://worldeventsforum.blogspot.com/p/assessing-risk-and-managing-behaviors.html> | This webinar provides tools and techniques for assessing risk and managing behaviors in older adults with dementia. | Webinar | Free |
| Alzheimer’s and Dementia | ***ADRC Dementia Training: Aging Services and Supports for People Living with Dementia – ADRC Dementia Training***  Portland State University  <https://www.oregon.gov/DHS/SENIORS-DISABILITIES/SUA/Pages/AAA-Training.aspx> | This is a multi-part webinar series based on the input of Oregon ADRC partners. The modules cover a range of topics including: Implementing Person-Centered Dementia Support; Decision Support Through Person-Centered Planning; and Supporting People with Intellectual Disabilities and Dementia. | Webinar | Free |
| Alzheimer’s and Dementia | ***Behavioral Disturbances of Dementia: Interventions to Reduce the Use of Psychotropic Medications***  Geriatric Mental Health Partnership (GMHP) (2013)  <http://worldeventsforum.blogspot.com/p/l-ive-event-held-tuesday-march-27-2012_7338.html> | This webinar describes behavioral issues, triggers and strategies for reducing problem behaviors in older adults with dementia. It also covers the proper use of anti-psychotic medications. | Webinar | Free |

# Suicidal Thoughts and Behaviors

| **Resource, Creator, Date** | **Description** | **Format** | **Cost** |
| --- | --- | --- | --- |
| ***Suicide Prevention and Older Adults***  SAMHSA, University of Rochester School of Medicine, SPRC, NCOA (2015)  <https://www.ncoa.org/resources/suicide-prevention-and-older-adults/> | This webinar with audio recording presents the prevalence and risk factors of suicide among older adults and discusses prevention strategies and evidence-based interventions (Healthy I.D.E.A.S., Open Door, PEARLS, and QPR) that could be delivered in the context of Person-Centered Counseling for older adults at risk for suicide. | Webinar | Free |
| ***Suicide Prevention in Older Adulthood***  ACL & SAMHSA (2014)  <https://www.ncoa.org/wp-content/uploads/Suicide-Prevention-Webinar-9-29.pdf> | This webinar reviews prevalence, prevention strategies, and National Initiatives in suicide prevention for older adults. It also provides an overview of the Older Adult Gatekeeper Training developed by the Samaritans organization of Massachusetts. | Webinar | Free |
| ***Depression, Anxiety, and Suicide Prevention***  SAMHSA, AoA, NCOA, Behavioral Health Older Americans TAC (2012)  <https://www.ncoa.org/resources/webinar-depression-anxiety-and-suicide-prevention/> | This webinar reviews depression, anxiety and suicide prevention and looks at local and state efforts to implement evidence-based programs to combat these issues.  See also *Issue Brief 6* in the *Older Americans Behavioral Health Series* | Webinar | Free |
| ***Promoting Emotional Health and Preventing Suicide: A Toolkit for Senior Centers***  SAMHSA (2015)  <http://store.samhsa.gov/shin/content/SMA15-4416/SMA15-4416.pdf> | This toolkit was designed for senior center staff and volunteers, but can be a useful resource for professionals who provide Person-Centered Counseling. | Toolkit | Free |
| ***The Role of Senior Living Community Professionals in Preventing Suicide***  SPRC (2015)  <http://www.sprc.org/sites/sprc.org/files/slc_providers.pdf> | This information sheet provides information to help professionals in senior living communities recognize and respond to suicide risk. | Information Sheet | Free |
| ***Promoting Emotional Health and Preventing Suicide: A Toolkit for Senior Living Communities***  SAMHSA (2011)  <http://store.samhsa.gov/shin/content//SMA10-4515/SMA10-4515ToolkitOverview.pdf> | Similar to SAMHSA’s 2015 toolkit above, this toolkit was developed for staff at senior living communities to promote mental health and recognize and respond to warning signs of suicide. | Toolkit | Free |
| ***Suicide Prevention Among Older Adults***  BU Center for Aging & Disability Education & Research (CADER)  <http://www.bu.edu/cader/browse-catalog/course-descriptions/suicide-prevention-among-older-adults/> | This online training course designed for professionals working with older adults focuses on current research on suicide prevention, skills and tools to recognize risk, intervention options, and understanding how one’s own attitudes toward suicide can affect their care of older adult clients. Case studies provide concrete examples and resources are available for download. It can be taken as part of a certificate in Mental Health and Aging. | Online training | $120  4 CEUs available |
| ***Older Adult Gatekeeper Trainings***  Samaritans of Merrimack Valley (MA)  <http://www.fsmv.org/Samaritans/GatekeeperTrainings.html> | Two free trainings:   * Gatekeepers of Older Adults (8 hours) * Suicide and Aging: A Gatekeeper Workshop (4 hours)   Training topics include recognizing and assessing suicide risk, and intervening and referring at-risk persons. | In-person trainings | Free to qualifying institutions in MA  6.5 & 3.5  CEUs available |
| ***QPR Online Gatekeeper Training***  QPR Institute  <https://www.qprinstitute.com/> | QPR is an evidence-based suicide prevention intervention. The online training courses cover the common causes of suicidal behavior, warning signs of suicide, and how to get help for someone in crisis. The online Gatekeeper course can be completed in approximately one hour | Online course | $29.95 for individual; discount for gov’t workers; volume pricing available |
| ***Applied Suicide Intervention Training (ASIST)***  LivingWorks  <https://www.livingworks.net/programs/asist/> | ASIST is a suicide intervention workshop where participants learn to prevent the immediate risk of suicide. | In-person workshop | Cost varies  CEUs available |
| ***Community Gatekeeper Training: Lesbian, Gay, Bisexual, Transgender (LGBT) Older Adults & Suicide Prevention***  Crisis Support Services of Alameda County  <http://www.sprc.org/bpr/section-III/community-gatekeeper-training-lesbian-gay-bisexual-transgender-lgbt-older-adults-sui> | This in-person training is intended for caregivers and service providers of older adults. Training topics include: unique challenges faced by LGBT older adults, risk and protective factors of suicide, warning signs, research and theory on suicidal behavior, assessments, safety planning, and resources. The training is interactive. | In-person training workshop | Free |
| ***Counseling on Access to Lethal Means (CALM)***  Suicide Prevention Resource Center (SPRC)  <http://training.sprc.org/enrol/index.php?id=3> | This online course explains the importance of means restriction as a component of suicide prevention and offers tools to ask clients about their access to lethal means. | Online course | Free  2.0 CEUs available |

\*According to the U.S. Surgeon General’s National Strategy for Suicide Prevention, a “gatekeeper” is defined as: individuals in a community who have face-to-face contact with large numbers of community members as part of their usual routine. They may be trained to identify persons at risk of suicide and refer them to treatment or supporting services as appropriate. Examples include clergy, first responders, pharmacists, caregivers, and those employed in institutional settings, such as schools, prisons, and the military.

<http://www.surgeongeneral.gov/library/reports/national-strategy-suicide-prevention/full_report-rev.pdf>

# Navigating Medicaid Behavioral Health

| **Resource, Creator, Date** | **Description** | **Format** | **Cost** |
| --- | --- | --- | --- |
| ***Medicaid Handbook: Interface with Behavioral Health Services***  SAMHSA (2013)  <http://store.samhsa.gov/product/Medicaid-Handbook-Interface-with-Behavioral-Health-Services/SMA13-4773> | This handbook reports the role of Medicaid in behavioral health treatment and financing services. It discusses state Medicaid plans, reimbursement, and the role of the provider and other information related to Medicaid. | Handbook | Free |
| ***Core Competencies of Options Counseling: Understanding and Educating about Public and Private Sector Resources***  ADRC TAE (2010)  <http://www.adrc-tae.acl.gov/tiki-download_file.php?fileId=29503> | This handout reviews strategies and offers resources on public and private sector resources. | Handout | Free |
| ***Medicare & Your Mental Health Benefits***  Center for Medicare & Medicaid Services (2014)  <https://www.medicare.gov/pubs/pdf/10184.pdf> | This is an official government booklet designed to inform on the mental health benefits available to persons with Original Medicare. | Booklet | Free |

# Self-Care for Staff

| **Resource, Creator, Date** | **Description** | **Format** | **Cost** |
| --- | --- | --- | --- |
| ***Mental Health: Self-Care***  Johns Hopkins Center for Public Health Preparedness  <http://www.jhsph.edu/research/centers-and-institutes/johns-hopkins-center-for-public-health-preparedness/training/online/self-care.html> | This presentation discusses the different types of stress and their sources. The speaker also provides seven methods for reducing stress. | Online Training | Free |
| ***Stress Management***  SAMHSA-HRSA Center for Integrated Health Solutions  <http://www.integration.samhsa.gov/health-wellness/wellness-strategies/stress-management> | This website provides links to resources and research on stress prevention and management. | Website | Free |
| ***Self-Care for Providers***  SAMHSA (2016)  <http://www.samhsa.gov/homelessness-programs-resources/hpr-resources/self-care> | This website provides links to provider self-care resources on topics such as compassion fatigue and stress management. Although the information is intended for disaster responders, the content is also applicable to the work of person-centered counseling. | Website | Free |
| ***Self-Care Starter Kit***  University at Buffalo School of Social Work  <https://socialwork.buffalo.edu/resources/self-care-starter-kit.html> | This website has several resources to guide professionals and students on developing personal self-care plans. Assessments, exercises, and supportive resources are included. | Website | Free |
| ***Self-Care in Social Work***  Kathy Cox, Ph.D, L.C.S.W. and Sue Steiner, Ph.D, M.S.W.  <http://www.selfcareinsocialwork.com/> | This website is designed to promote the self-care of social workers and similar helping professionals. It offers links to resources, worksheets and assessments, plus a forum to share experiences of stress in the field. | Website | Free |
| ***Employer Resources For Success***  American Heart Association  <http://www.heart.org/HEARTORG/HealthyLiving/WorkplaceWellness/WorkplaceWellnessResources/Workplace-Wellness-Resources_UCM_460461_SubHomePage.jsp> | This website offers resources to improve the overall health of the workplace by promoting a healthy environment. Resource guides and toolkits are available. | Website | Free |
| ***Stress Management***  American Heart Association  <http://www.heart.org/HEARTORG/HealthyLiving/StressManagement/Stress-Management_UCM_001082_SubHomePage.jsp> | This website provides information on stress management and prevention. | Website | Free |
| ***Certification Training for Compassion Fatigue Professionals (CCFP)***  PESI  <http://www.pesi.com/ECommerce/ItemDetails.aspx?ResourceCode=RNV045740> | This series of courses is designed to assist participants in the skills to counteract compassion fatigue and build resiliency in the workspace. | DVD | $199.99  CEUs available |
| ***Questions to Ask Before Giving Up***  <https://drive.google.com/file/d/0B6A2F5ky9SELU0Zfd05YMEpyNUk/view> | This is a short list of questions to ask oneself when feeling negative emotions, fatigue or stress. The questions are accompanied with uplifting responses. | Document | Free |