



## Our Mission

To empower and serve people in need of specialized supports by providing innovative services that improve their ability to live fulfilling lives in the community.

### Main Office

500 Office Center Drive, Suite 100  
Fort Washington, PA 19034-3234  
215.540.2150 (phone)  
215.540.2165 (fax)  
**[accessservices.org](http://accessservices.org)**

Access Services is an Equal  
Opportunity Provider.

### National Suicide Prevention Lifeline

Call 988  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

### National Crisis Text Line

Text "HOME" to 741741  
[crisistextline.org](http://crisistextline.org)

### Montgomery County Mobile Crisis

Call 855-634-4673  
Available 24/7

### Montgomery County Adult Talk Line

Call 855-715-8255  
Text 267-225-7785  
Hours: 1PM-9PM daily

### Montgomery County Teen Talk Line

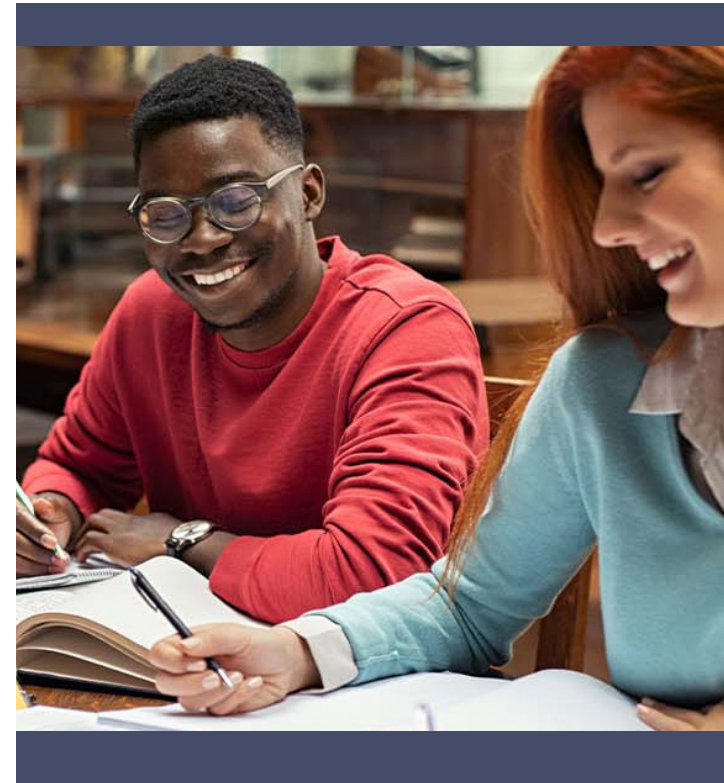
Call 866-825-5856  
Text 215-703-8411  
Hours: 1PM-9PM daily



**Access  
Services**  
strengthening communities



An Educational Program for  
Mental Wellness and Support



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Services**  
strengthening communities



## What Is It?

Everyone needs the tools to be able to manage and support mental wellness in their everyday lives. But how many people are having these important conversations?

Hope 4 Tomorrow is an innovative program that helps individuals focus on the importance of their own health and wellness.

A variety of trainings and resources are available to the community to help present subjects like suicide prevention, crisis intervention, self-care and mental health in active ways that help empower individuals with the tools and skills needed to live successful lives.

## What We Provide

### QPR (Question, Persuade, & Refer)

QPR is a suicide prevention training designed to teach you to recognize the warning signs of a potential suicide crisis, and then to further question, persuade, and then finally refer them to help. With this 2-hour training, we strive to equip you with tools and education to reduce suicidal behaviors.

### ASIST

The Applied Suicide Intervention Skills Training (ASIST) is a two-day intensive, interactive and practice-dominated course designed to help caregivers learn how to intervene to prevent the immediate risk of suicide and provide safety-for-now. The workshop is designed for all caregivers (anyone age 15+ in a position of trust). This includes professionals, paraprofessionals and lay people. ASIST is the most widely used suicide intervention training program in the world.



## Hope 4 Tomorrow Assembly

This innovative assembly program helps youth focus on the importance of their own health and wellness. Students engage in interactive ways and can ask questions related to mental health in real time. The answers are used to have conversations and help the students develop strategies to help themselves and one another.

## What You Can Expect

- A unique educational experience.
- Interactive activities.
- An opportunity to be more aware of subjects like mental health and suicide.
- Knowledge of resources in your community.
- Empowerment to support friends, family & community members.

## Contact

If interested in a Hope 4 Tomorrow program, please contact:

**[Hope4Tomorrow@accessservices.org](mailto:Hope4Tomorrow@accessservices.org)**