



# YOUR SOLUTION TO MENTAL HEALTH EDUCATION AND NAVIGATION

Psych Hub was developed to help people overcome mental health challenges through multimedia education for every learning style. Psych Hub’s robust library of over 1,000 proprietary educational assets includes courses, videos, podcasts, and written & shareable content.

## A NEW FREE EDUCATION RESOURCE FOR OPTUM MENTAL AND BEHAVIORAL HEALTH PROVIDERS

We’re dedicated to supporting you and preventing suicide. That’s why we’re partnering with Psych Hub, the Solution for Mental Health Education and Navigation to bring you access to the best-in-class training in evidence-based trauma-informed interventions built with you and our members in mind.



### SUICIDE PREVENTION SERIES

In the Suicide Prevention Series, you have free access to a series of eLearning courses. Upon completion, you can earn Continuing Education (CE) credits or Continuing Medical Education (CME) credits. Start today with the Cognitive Behavioral Therapy (CBT) Foundations course.

### REQUIRED COURSES



#### COGNITIVE BEHAVIORAL THERAPY FOUNDATIONS

**Intermediate Level**  
3.00-3.25 CE Credits



#### FOUNDATIONS IN SAFETY PLANNING FOR CLINICIANS

**Advanced Level**  
1.50-2.50 CE Credits  
2.50 CME Credits



#### COUNSELING ON ACCESS TO LETHAL MEANS

**Advanced Level**  
1.50-2.25 CE Credits  
2.25 CME Credits



#### CBT FOR REDUCING SUICIDE RISK

**Advanced Level**  
2.75-3.50 CE Credits  
3.50 CME Credits



SCAN THE QR CODE TO LEARN MORE ABOUT THE SUICIDE PREVENTION SERIES.