

MENTAL HEALTH TRAININGS

MENTAL HEALTH FIRST AID

Available Dates:
May 4, 2022
October 5, 2022

MHFA is an 8-hour course that teaches the public how to help someone who is developing a mental health problem or experiencing a mental health crisis. Using ALGEE: Assess, Listen, Give, & Encourage (for professional & self-help).

YOUTH MENTAL HEALTH FIRST AID

YMHFA is an 8-hour course discusses early intervention. It also reviews the unique risk factors & warning signs of mental health problems in adolescents ages 12-18. Using ALGEE: Assess, Listen, Give, & Encourage (for professional & self-help).

Available Dates:
June 1, 2022
June 8, 2022

APPLIED SUICIDE INTERVENTION SKILLS

Available Dates:
February 23 & 24, 2022

The ASIST, 2-day workshop is for anyone who wants to feel more comfortable, confident & competent in helping to prevent the immediate risk of suicide.

QUESTION, PERSUADE, REFER

QPR is a 1-2 hour training that teaches 3 simple steps that anyone can learn to help save a life from suicide.

Available Dates:
January 18, 2022
February 21, 2022

Sponsors

