

3 FREE MENTAL HEALTH TRAINING COURSES



1

YOUTH MENTAL HEALTH FIRST AID

For adults that work or
interact with youth

2

QUESTION. PERSUADE. REFER.

For everyone. Learn 3
simple steps to save a life
from suicide.

3

IT'S TIME TO TALK ABOUT IT!

For family members and care
givers that interact with youth.

www.talkablecommunities.org



A partnership to make Northeast Florida a
talkable community, where mental well-
being is only one conversation away.