

FREE MENTAL HEALTH TRAINING TO SAVE A LIFE



**FOR MORE INFORMATION OR TO
REQUEST A PRIVATE TRAINING**

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ADULT MENTAL HEALTH FIRST AID

For adults that want to help other adults. Learn the signs and symptoms of mental health and substance use disorders.

IT'S TIME TO TALK ABOUT IT!

For family members and care givers that want to help young people. Learn the warning signs and risk factors of suicide.

QUESTION. PERSUADE. REFER.

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

YOUTH MENTAL HEALTH FIRST AID

For adults that want to help young people. Learn the signs and symptoms of mental health and substance use disorders.