

MENTAL HEALTH AWARENESS & SUICIDE PREVENTION TRAININGS



As COVID-19 increases isolation and anxiety around the world, it is more important than ever that we learn all we can to support each other.

Join us for one (or all!) of the following virtual trainings to learn more about responding to those in a mental health, addiction, or suicide crisis!

Mental Health First Aid (MHFA)

Participants will learn:

- How to identify, understand and respond to signs of mental illness and emotional distress in adults or youth
- Signs and symptoms of anxiety, depression, ADHD, eating disorders, and substance use disorders
- The importance of self-care
- A 5-step action plan for how to help in both crisis and non-crisis situations

Youth Mental Health First Aid

Thurs, April 8th 8:30 - 4:00*

(for parents or adults who work w/ youth)

Adult Mental Health First Aid

Fri, April 9th 8:30 - 4:00*

*In addition to class time, participants complete a self-paced 2hr pre-work course

Suicide Prevention

In this half-day training, participants learn to:

- Challenge attitudes that inhibit open talk about suicide
- Recognize the signs of someone with thoughts of suicide
- Engage in direct talk about suicide with a person at risk, keeping them safe while actively listening
- Move quickly to connect them to resources or to someone trained in suicide intervention

Offering 2 sessions of Suicide Prevention

Thurs, April 15th

AM Session 8:30 - 12:00

PM Session 12:30 - 4:00

**Use the link below to
sign up today!**

<https://bit.ly/3r6LZ4k>

For additional information,
please contact: Marcia Ramstrom
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