

# AVAILABLE TRAININGS

## MENTAL HEALTH FIRST AID

**Available Date:**  
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).

## ADVERSE CHILDHOOD EXPERIENCES

Adverse Childhood Experiences (ACEs) have direct impact on one's nervous system and brain development, which creates long-term mental and physical health issues as well as an increase in at-risk behavior. The good news is maltreatment is preventable. Learn about ACEs & prevention of ACEs during this 1-hour training.

**Available Date:**  
\*Contact United Way if interested\*

## QUESTION, PERSUADE, REFER

QPR is a 1-hour training that teaches 3 simple steps that anyone can learn to help save a life from suicide. Please note, you can schedule a personal QPR training for your business/organization/group.

**Available Dates:**  
August 9, 2022

## APPLIED SUICIDE INTERVENTION SKILLS

**Available Dates:**  
\*Contact United Way if Interested\*

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.

## 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:**  
\*Contact United Way if Interested\*

Sponsors

