



MENTAL  
HEALTH  
FIRST AID®



Question



Persuade



Refer

## **VIRTUAL Mental Health First Aid**

Attend a Mental Health First Aid class to learn an action plan to help individuals experiencing a mental health condition or crisis.

This is an all day training.

### **Youth Mental Health First Aid**

Wednesday, May 26 @ 9am

Thursday, October 7 @ 9am

### **Adult Mental Health First Aid**

Wednesday, August 18 @ 9am

Tuesday, November 16 @ 9am

**\*\*2 hours of pre-work must be completed prior to the day of the training for youth and adult mental health first aid\*\***

## **VIRTUAL QPR Training**

Suicide Prevention Awareness Training - 1 hour training.

Friday, May 14 @ 10am

Wednesday, June 23 @ 11am

Tuesday, July 13 @ 12pm

Monday, August 23 @ 10am

Thursday, September 9 @ 11am

Tuesday, October 19 @ 12pm

Friday, November 12 @ 12pm

Monday, December 13 @ 10am

Belmont County Suicide  
Prevention Coalition



The trainings are **FREE** and will be conducted virtually via ZOOM. To register for any of these trainings please email [suicideprevention.belmont@gmail.com](mailto:suicideprevention.belmont@gmail.com). ZOOM information will be emailed to you prior to the trainings.