

St. Mary's Medical Center

2020 Mental Health Trainings



Mental Health First Aid **all classes are cost-covered*

Learn how to recognize signs and symptoms of the most common mental health disorders, increase your mental health literacy, and provide support to your family, friends and coworkers. Sign up for this 8-hr training and join the over 2 million Americans certified as Mental Health First Aiders.

Upcoming Training Dates:

**To register, contact jennifer.daniels@sclhealth.org or dabbott@mindspringshealth.org*

Mar 26 – Youth

Sept 17 – Youth

May 8 – Adult

Nov 3 – Youth

May 14 – Youth

Dec 4 – Adult

Sept 10 – Adult



ASIST

Applied Suicide Intervention Skills Training **all classes are cost-covered*

This two-day, interactive workshop in suicide first aid teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety.

Upcoming Training Dates:

**To register, contact jennifer.daniels@sclhealth.org or dabbott@mindspringshealth.org*

Jan 16/17

April 15/16

Oct 21/22

****For more information, contact:
Jennifer Daniels
Suicide Prevention Coordinator
970.298.1830 or Jennifer.daniels@sclhealth.org**