

Upcoming Mental Health Trainings

*All classes are cost-covered



Mental Health First Aid

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 nearly 1.7 million Americans certified as Mental Health First Aiders.

Upcoming Training Dates:

- August 7 – St. Mary’s (Adult)
- August 9 – PVMC (Older Adult)
- August 23 – Broomfield (Adult)
- September 6 – St. Mary’s (Youth)
- October 4 – Broomfield (Adult)
- November 8 – St. Mary’s (Youth)
- November 12 – PVMC (Adult)
- December 3 – St. Mary’s (Adult)

Applied Suicide Intervention Skills Training

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:

- August 8-9 – St. Mary’s

Question, Persuade, Refer

This brief 1-hour training teaches individuals common causes of suicidal behavior, warning signs of suicide, and how to start the conversation with someone who is having suicidal thoughts.

Upcoming Training Dates:

- July 18 – St. Mary’s
- July 30 – St. Mary’s

****For more information, contact Katie Bovée, Mission Services Coordinator at 303.272.0880 or katie.bovee@scshealth.org**