

FREE Mental Health Training



Who should be trained in Mental Health Awareness?

- Police
- Fire Fighters
- Educators
- Business Leaders
- Nursing Home Staff
- Corrections Officers
- Veterans
- Other First Responders
- Volunteers
- The General Public
- **YOU!**

WHAT WILL THE COURSES TEACH YOU?

- ✓ The signs & symptoms of mental health challenges & common disorders
- ✓ Trauma & its impact on development
- ✓ How to identify & respond to individuals who have experienced trauma
- ✓ Skills to support someone in crisis
- ✓ Strategies for connecting individuals to resources
- ✓ How to build self-care skills

AVAILABLE TRAINING COURSES

ACES

Preventing Adverse Childhood Experiences

4-hour virtual training

PFA

Psychological First Aid

6-hour virtual training (2 sessions)

MHFA

Mental Health First Aid

8-hour training (in-person or virtual; various session options)



CONTACT US

We can come to you!
Available for group trainings.
Email us at training@sweetser.org



Scan code for
course details!