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  
May 8 – Adult  
May 14 – Youth  
Sept 10 – Adult  
Sept 17 – Youth  
Nov 3 – Youth  
Dec 4 – Adult

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