



Mental Health & Suicide Prevention Programs

Mental Health First Aid (MHFA) Training

Online training about how to help someone having a mental health or substance use emergency.

Suicide Prevention & Intervention Programs

Online QPR (Question, Persuade, Refer) training to learn the warning signs of suicide and ways to potentially stop a death by suicide.

Opioid Overdose Response Training

Training about the warning signs of an opioid overdose and the use of Narcan, a medicine given to someone who has overdosed on opioids.

Mental Health Support Groups

Monthly support groups for people living with mental illness and their family and friends.

