



**FREE
Community
Classes!**

Support your community and learn more about mental health, suicide prevention, and how you can help!

Sign up for a class today!

Mental Health First Aid (MHFA) –

When you attend Mental Health First Aid, you'll learn how to identify the signs and symptoms of a range of mental health and substance use disorders and will build the skills and confidence to help someone in crisis.

Question, Persuade, Refer (QPR) –

Just as people trained in CPR help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis, how to offer hope, and how to save a life.

and more!



For more information visit

www.jcmh.org/training

or contact

speakersbureau@jcmh.org

**Jefferson
Center** 
— With you in mind —