

FREE TRAININGS

Mental Health & Suicide Prevention

Open to all individuals who live and work in Riverside County.

VIRTUAL

Mental Health 101



- Learn the fundamentals of mental health and mental illness to boost awareness and reduce stigma.

Self Care and Wellness

- Learn the effects of stress and discover techniques that maintain and foster wellbeing and boost resilience.



Building Resiliency and Understanding Trauma



- Focuses on understanding and defining trauma, building and fostering resiliency and different trauma types.

Know the Signs

- Focuses on understanding how to recognize the warning signs of suicide.



IN-PERSON

safeTALK

FREE!

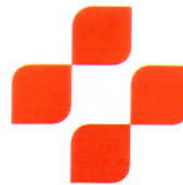


- Prepares participants to identify persons with thoughts of suicide and connect them to suicide first aid resources.



Mental Health First Aid - Adult & Youth

FREE!



- Learn the necessary skills to engage with individuals in crisis and provide them with appropriate assistance.

ASIST

FREE!



- Equips participants to offer first aid interventions for suicide intervention.



Learn more about **RUHS-BH Prevention & Early Intervention** at

<https://www.ruhealth.org/behavioral-health/prevention-early-intervention>



To learn more and register, scan the QR code provided.

This information is available in alternative formats upon request. If you are in need of a reasonable accommodation, please contact 951-358-6895.

Riverside University
HEALTH SYSTEM
Behavioral Health

