

# HOW YOU CAN HELP

Receive local training at no cost!



## 1-Hour Training



Suicide prevention  
Emergency response

<https://qprinstitute.com/about-qpr>

## 8-Hour Training



Mental Health **FIRST AID**  
from NATIONAL COUNCIL FOR MENTAL WELLBEING



Identify, understand, and respond to people who are struggling with mental health in an **effective way**

<https://www.mentalhealthfirstaid.org/2021/04/algee-how-mhfa-helps-you-respond-in-crisis-and-non-crisis-situations/>

**These trainings are offered in-person locally and are funded by the Richland County Health Department**



**Contact Jessica Gilbert at 406-433-2207**