

****All classes are free. All times listed below are CST.****

Mental Health First Aid for Adults

Mental Health First Aid for Adults teaches people how to recognize signs of mental health or substance use challenges in adults ages 18 and older, how to offer and provide initial help, and how to guide a person toward appropriate care, if necessary. Topics covered included anxiety, depression, psychosis, and addictions.

Thursday, October 10, 8am-2pm

<https://www.eventbrite.com/e/mental-health-first-aid-tickets-1003643293107?aff=ebdssbdestsearch>

Tuesday, October 15, 11am-6pm

<https://www.eventbrite.com/e/mental-health-first-aid-training-adult-tickets-1008786526657?aff=erellivmlt>

Thursday, October 24, 10am-3:30pm

<https://www.eventbrite.com/e/heal-mental-health-first-aid-training-adult-tickets-691803883037?aff=oddtcreator>

Monday, November 4, 8am-2pm

<https://www.eventbrite.com/e/mental-health-first-aid-tickets-1003649712307?aff=ebdssbdestsearch>

Tuesday, November 5, 9am-3pm

<https://www.eventbrite.com/e/adult-mental-health-first-aid-virtual-class-hosted-by-lrcc-tickets-951033947137?aff=ebdssbdestsearch>

Tuesday, November 5, 11am-6pm

<https://www.eventbrite.com/e/mental-health-first-aid-training-adult-tickets-1008787038187?aff=erelpanelorg>

Wednesday, November 6, 8:30am-2:30pm

<https://www.eventbrite.com/e/adult-mental-health-first-aid-training-virtual-tickets-982064610687?aff=ebdssbdestsearch>

Thursday, November 7, 10am-3:30pm

<https://www.eventbrite.com/e/heal-mental-health-first-aid-training-adult-tickets-1013628559307?aff=oddtcreator>

Saturday, November 9, 8:30am-2:30pm

<https://www.eventbrite.com/e/adult-mental-health-first-aid-training-virtual-tickets-982090056797?aff=ebdssbdestsearch>

Tuesday, November 12, 8am-5pm

<https://www.eventbrite.com/e/mental-health-first-aid-tickets-924630894897?aff=ebdssbdestsearch>

Wednesday, November 13, 8am-1pm

<https://www.eventbrite.com/e/mental-health-first-aid-virtual-trainings-tickets-948909873977?aff=ebdssbdestsearch>

Wednesday, November 13, 8:30am-2:30pm

<https://www.eventbrite.com/e/virtual-adult-mental-health-first-aid-tickets-1003897593727?aff=ebdssbdestsearch>

Thursday, November 14, 9am-2:30pm

<https://www.eventbrite.com/e/virtual-adult-mental-health-first-aid-tickets-1014868156977?aff=ebdssbdestsearch>

Saturday, November 16, 9am-3pm

<https://www.eventbrite.com/e/mental-health-first-aid-tickets-1003650083417?aff=ebdssbdestsearch>

Tuesday, November 19, 8:30am-2:30pm

<https://www.eventbrite.com/e/adult-mental-health-first-aid-training-virtual-tickets-982101149977?aff=ebdssbdestsearch>

Thursday, November 21, 7:30am-12:00pm

<https://www.eventbrite.com/e/mental-health-first-aid-youth-tickets-1037084576887?aff=ebdssbdestsearch>

Thursday, November 21, 11am-6pm

<https://www.eventbrite.com/e/mental-health-first-aid-training-adult-tickets-1008787349117?aff=erelpanelorg>

Monday, November 15, 9am-2pm

<https://www.eventbrite.com/e/youth-mental-health-first-aid-virtual-class-hosted-by-lrcc-tickets-951033485757?aff=ebdssbdestsearch>

Thursday, November 28, 10:30am-2:30pm

https://www.eventbrite.com/e/mental-health-first-aid-with-soundcastle-tickets-1012633543187?aff=ebdssbdestsearch&keep_tld=1

Tuesday, December 3, 11am-6pm

<https://www.eventbrite.com/e/mental-health-first-aid-training-adult-tickets-1008787850617?aff=erelpanelorg>

Friday, December 6, 9am-2pm

<https://www.eventbrite.com/e/virtual-adult-mental-health-first-aid-training-amhfa-tickets-903221468727?aff=erellivmlt>

Tuesday, December 10, 10am-3:30pm

<https://www.eventbrite.com/e/heal-mental-health-first-aid-training-adult-tickets-1013629040747?aff=oddtcreator>

Wednesday, December 18, 11am-6pm

<https://www.eventbrite.com/e/mental-health-first-aid-training-adult-tickets-1008789274877?aff=erellivmlt>

Monday, October 21, 9am-2pm

<https://www.eventbrite.com/e/virtual-adult-mental-health-first-aid-training-mhfa-tickets-901773858887?aff=erellivmlt>

Mental Health First Aid for Youth

There are two versions of Mental Health First Aid for Youth:

- *Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis.*
- *Teen Mental Health First Aid (tMHFA) is an evidence-based program that teaches teens in grades 10-12, or ages 15-18, how to identify, understand and respond to signs of mental health and substance use challenges in their friends and peers.*

Wednesday, November 13, 8:30am-3pm

https://extension.missouri.edu/events/mental-health-first-aid-for-youth-online-4?fbclid=IwY2xjawFsP25leHRuA2FlbQlxMAABHfvScaTdfEM8aOOI6KJ4BH5_B6yNiczA1nuLUHdM6tQyQ0y9jhZN5AqHig_aem_zKNPZujrt_WX5h-Q6Gob8A

Tuesday, November 12, 12pm-5pm

<https://www.eventbrite.com/e/virtual-youth-mental-health-first-aid-training-ymhfa-tickets-903219201947?aff=ebdssbdestsearch>

Wednesday, November 13, 8:30am-2:30pm

<https://www.eventbrite.com/e/youth-mental-health-first-aid-training-virtual-tickets-982097087827?aff=ebdssbdestsearch>

Wednesday, November 13, 9am-2pm

<https://www.eventbrite.com/e/youth-mental-health-first-aid-for-adults-assisting-youth-virtual-tickets-1014452834737?aff=ebdssbdestsearch>

Friday, November 15, Noon-4pm

<https://www.eventbrite.com/e/youth-mental-health-first-aid-for-adults-assisting-youth-virtual-tickets-1003969207927?aff=ebdssbdestsearch>

Saturday, November 16, 9am-1:30pm

<https://www.eventbrite.com/e/youth-mental-health-first-aid-for-parents-and-caregivers-tickets-1012480505447?aff=ebdssbdestsearch>

Tuesday, November 26, 9am-2pm

<https://www.eventbrite.com/e/112624-virtual-youth-mental-health-first-aid-missouri-residents-tickets-1029049854817?aff=ebdssbdestsearch>

QPR (Question, Persuade, Refer)

As someone who may be in the best possible position to prevent suicide—parent, caregiver, teacher, coach, mentor—you will find that QPR is designed to help you save a life.

Question a person about suicide

Persuade someone to get help

Refer someone to appropriate resources

Wednesday, October 9, 11:30am-1:00pm

[https://us02web.zoom.us/meeting/register/tZMtduqqpzwGdPdJhQaWi84ZkvTYZvlQ0sB? x zm rtaid=b zXzT JiT5OIWS3vTzWaw.1728013284390.16c52fc17b01e4b95ddfe96f8aff25d& x zm rhtaid=940#/registration](https://us02web.zoom.us/join/94011284390?pwd=ZjI5OjIwS3VtZjZwaw.1728013284390.16c52fc17b01e4b95ddfe96f8aff25d&x-zm-rtaid=b-zXzTJiT5OIWS3vTzWaw.1728013284390.16c52fc17b01e4b95ddfe96f8aff25d&x-zm-rhtaid=940#/registration)

Thursday, October 10, 9-10am

<https://capecodcc.coursestorm.com/course/question-persuade-and-refer-qpr-live-via-zoom#!>

Thursday, October 10, 6-7:30pm

[https://us02web.zoom.us/meeting/register/tZMocumqpjorE9CAPblem00tGwr9bZH48DLN#/registration](https://us02web.zoom.us/join/94011284390?pwd=ZjI5OjIwS3VtZjZwaw.1728013284390.16c52fc17b01e4b95ddfe96f8aff25d&x-zm-rtaid=b-zXzTJiT5OIWS3vTzWaw.1728013284390.16c52fc17b01e4b95ddfe96f8aff25d&x-zm-rhtaid=940#/registration)

Wednesday, October 23, 4-5:30pm

[https://us02web.zoom.us/meeting/register/tZUrc-2rqjsrG9CKdGkV5BPSE aHN35x4r q? x zm rtaid=b zXzTJiT5OIWS3vTzWaw.1728013284390.16c52fc17b01e4b95ddfe96f8aff25d& x zm rhtaid=940#/registration](https://us02web.zoom.us/join/94011284390?pwd=ZjI5OjIwS3VtZjZwaw.1728013284390.16c52fc17b01e4b95ddfe96f8aff25d&x-zm-rtaid=b-zXzTJiT5OIWS3vTzWaw.1728013284390.16c52fc17b01e4b95ddfe96f8aff25d&x-zm-rhtaid=940#/registration)

Wednesday, October 23, 6-7:30pm

[https://us02web.zoom.us/meeting/register/tZMocumqpjorE9CAPblem00tGwr9bZH48DLN#/registration](https://us02web.zoom.us/join/94011284390?pwd=ZjI5OjIwS3VtZjZwaw.1728013284390.16c52fc17b01e4b95ddfe96f8aff25d&x-zm-rtaid=b-zXzTJiT5OIWS3vTzWaw.1728013284390.16c52fc17b01e4b95ddfe96f8aff25d&x-zm-rhtaid=940#/registration)

Friday, November 1, 10am-12:30pm

<https://www.eventbrite.com/e/qpr-for-suicide-prevention-sponsored-by-nami-guilford-tickets-1024183158397?aff=ebdssbdestsearch>

Friday, November 1, 2-4pm

<https://www.eventbrite.com/e/qpr-suicide-prevention-training-tickets-1028246120827?aff=ebdssbdestsearch>

Wednesday, November 6, 11am-12pm

<https://www.eventbrite.com/e/question-persuade-and-refer-qprtraining-for-suicide-prevention-tickets-906243307127?aff=ebdssbdestsearch>

Tuesday, November 12, 4-5:30pm

<https://www.eventbrite.com/e/qpr-suicide-prevention-training-comprehensive-covering-youth-and-adults-tickets-755631864247?aff=ebdssbdestsearch>

Thursday, November 21, 2:30-4pm

<https://www.eventbrite.com/e/qpr-virtual-training-tickets-978621221417?aff=ebdssbdestsearch>

Monday, December 2, 10-11am

<https://www.eventbrite.com/e/question-persuade-and-refer-qprtraining-for-suicide-prevention-tickets-906244310127?aff=ebdssbdestsearch>

Tuesday, December 17, 2-3pm

<https://www.eventbrite.com/e/question-persuade-and-refer-qprtraining-for-suicide-prevention-tickets-906245092467?aff=ebdssbdestsearch>

Erasing the Stigma in the Black Community: Real Talk Monday Conversations

Candid conversations for black people about mental health topics.

Monday, October 19, 8-9:30pm

<https://www.eventbrite.com/e/real-talk-mental-health-mondays-2024-tickets-1010912294887?aff=ebdssbdestsearch>

Monday, October 28, 8-9:30pm

<https://www.eventbrite.com/e/real-talk-mental-health-mondays-2024-tickets-1010919155407?aff=ebdssbdestsearch>

Monday, November 11, 8-9:30pm

<https://www.eventbrite.com/e/real-talk-mental-health-mondays-2024-tickets-1010920128317?aff=ebdssbdestsearch>

Monday, November 25, 8-9:30pm

<https://www.eventbrite.com/e/real-talk-mental-health-mondays-2024-tickets-1010921101227?aff=ebdssbdestsearch>

Monday, December 9, 8-9:30pm

<https://www.eventbrite.com/e/real-talk-mental-health-mondays-2024-tickets-1010921181467?aff=ebdssbdestsearch>

Men's Mental Health Forum

Men from all walks of life will come together in a supportive and open virtual space to discuss the pressing mental health crisis that men are facing today.

Sunday, October 27, 1-2pm

<https://www.eventbrite.com/e/mens-mental-health-forum-tickets-943661806867?aff=ebdssbdestsearch>

Sunday, November 24, 1-2pm

<https://www.eventbrite.com/e/mens-mental-health-forum-tickets-943664866017?aff=ebdssbdestsearch>

Sunday, December 19, 1-2pm

<https://www.eventbrite.com/e/mens-mental-health-forum-tickets-943664876047?aff=ebdssbdestsearch>

Mental Health & Anti-Stigma Virtual Training

Experts will provide valuable insights and strategies to promote positive mental health practices. Learn how to support yourself and others, and gain tools to challenge stigma surrounding mental health.

Monday, November 4, 4-5pm

<https://www.eventbrite.com/e/mental-health-anti-stigma-virtual-training-tickets-1027252849927?aff=ebdssbdestsearch>

Understanding Children and Young People’s Mental Health

Find out more about recognizing emerging mental health needs in the young people you support.

Thursday, November 14, 1-2pm

https://www.eventbrite.com/e/understanding-children-and-young-peoples-mental-health-tickets-970416189947?aff=ebdssbdestsearch&keep_tld=1

Mental Health First Aid for Adults and Conversations on Access to Lethal Means (CALM Conversations)

This workshop provides individuals with the tools to have a very important conversation about safety around and access to lethal means. In our military and veteran family community, reducing access to lethal means, such as firearms and medication, can determine whether a person at risk for suicide lives or dies.

Saturday, November 16, 9am-6pm

<https://www.eventbrite.com/e/mental-health-first-aid-calm-conversations-tickets-807317236587?aff=ebdssbdestsearch>

Wednesday, November 20, 9am-6pm

<https://www.eventbrite.com/e/mental-health-first-aid-calm-conversations-tickets-1016905671237?aff=ebdssbdestsearch>

Friday, December 15, 9am-6pm

<https://www.eventbrite.com/e/mental-health-first-aid-calm-conversations-tickets-1016908058377?aff=ebdssbdestsearch>

Mental Health Support for Younger Children

In this training, you will hear evidence-based strategies for supporting kids. Parents, caregivers, educators, and professionals who work with children between the ages of 0-10 years are welcome.

Friday, November 8, 2-3:30pm

<https://www.eventbrite.com/e/mental-health-support-for-younger-children-tickets-991294718187?aff=ebdssbdestsearch>

Mental Health & Stigma Workshop

This workshop focuses on the signs and symptoms of someone experiencing a mental health challenge or crisis.

Tuesday, November 12, 12pm-1pm

<https://www.eventbrite.com/e/11122024-mental-health-stigma-workshop-missouri-residents-tickets-1029025642397?aff=ebdssbdestsearch>

What is Mental Health?

For teachers and staff within Secondary schools, this workshop helps young people learn:

- What is mental health and wellbeing?*
- What can impact our mental health and wellbeing?*
- Purpose of emotions?*
- Emotional regulation*
- Skills and strategies for regulating our emotions*

Wednesday, November 6, 10:30-11:30am

<https://www.eventbrite.com/e/what-is-mental-health-all-support-staff-and-teachers-tickets-1010354857577?aff=ebdssbdestsearch>

Stress, Anxiety & Social Media – Helping Students Navigate Their Mental Health

This virtual event will discuss how stress, anxiety, and social media impact students' mental health and ways to help them.

Tuesday, November 5, 8:30-10am

<https://www.eventbrite.com/e/15-free-ce-credits-stress-anxiety-social-media-helping-students-navigate-their-mental-health-tickets-1022740433167?aff=ebdssbdestsearch>

Mental Health and Wellbeing for Leaders and Managers

In this webinar, we will be discussing how to support your team and thinking about best practices to create a mentally healthy workplace culture.

Monday, November 25, 11-11:45am

https://www.eventbrite.com/e/mental-health-and-wellbeing-for-leaders-and-managers-tickets-923830450747?aff=ebdssbdestsearch&keep_tld=1

C.A.L.M. Conversations on Access to Lethal Means

Reducing access to lethal means, such as firearms and medication, can determine whether a person at risk for suicide lives or dies. This course is about how to reduce access to the methods people use to kill themselves. It covers who needs lethal means counseling and how to work with people at risk for suicide (and their families) to reduce access.

This self-guided course can be completed in approximately two hours. You do not have to complete the course in one session. You can exit the course at any time and return later to the place where you left off.

<https://zerosuicidetraining.edc.org/enrol/index.php?id=20>

Thursday, November 7, 11:30am-12:30pm

<https://www.eventbrite.com/e/mvpn-calm-counseling-on-access-to-lethal-means-tickets-529833896447?aff=ebdssbdestsearch>

Thursday, November 14, 9am-12pm

<https://www.eventbrite.com/e/counseling-on-access-to-lethal-means-calm-tickets-1024301743087?aff=ebdssbdestsearch>