

Suicide Prevention and Education Training



Mental Health First Aid (MHFA) is a skills-based training course that teaches participants about mental health and substance-use issues.

Question, Persuade, Refer (QPR) are the 3 simple steps anyone can learn to help save a life from suicide.

	January	February	March
MHFA	14th • Adult/Veterans • 8:00 - 5:00 • Roosevelt Co. Complex, Culbertson TBD • Youth		TBD • Adult TBD • Youth
QPR	27th • 12:00 - 1:15 • Montana State Extension Office, Sidney	24th • 12:00 - 1:15 • Montana State Extension Office, Sidney	30th • 12:00 - 1:15 • Montana State Extension Office, Sidney
MHFA	TBD • Adult	TBD • Adult	TBD • Adult
QPR	27th • 12:00 - 1:15 • Montana State Extension Office, Sidney	27th • 12:00 - 1:15 • Montana State Extension Office, Sidney	

MHFA has a \$25 registration fee, scholarship are available.



Stay updated on these training opportunities and more by following Richland County Health Department on Facebook!