

Mental Health Essentials for Communities



ABOUT THE PROGRAM

Community members will learn to:

- Understand the different states of mental health
- Talk about mental health with confidence & compassion
- Know how & where to access professional help & community resources
- Use effective self-care strategies for themselves & those they support

Evidence-based

*Delivered by
experienced clinicians*

*Offered virtually or
in-person*

Direct Delivery: 90 minutes

"I was surprised at how much new information I learned and how much this training helped me in my own life."

COMMUNITY MEMBER



Mental Health Collaborative is a nonprofit organization that provides evidence-based programs on the 4 components of mental health literacy: obtaining and maintaining good mental health, understanding mental illnesses, decreasing stigma, and knowing when, where, and how to get help. Our programs are backed by Mental Health America, the JED Foundation, and the National Academy of Health and Physical Literacy.

To learn more about this program, contact us at
508-625-1660, info@mentalhealthcollaborative.org
or visit mentalhealthcollaborative.org