

Free Mental Health Trainings for Linn, Benton, & Lincoln Counties

Develop the skills and confidence to respond to someone in crisis and guide a person to appropriate care and promote healing.

Trainings we offer:

- Question, Persuade, Refer (QPR)
- Adult Mental Health First Aid
- Youth Mental Health First Aid

Contact us for additional details or questions:

<https://beav.es/pNE>

*Trainings can be delivered in-person or remotely
No mental health background is necessary



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