



Pipe UA
Trades LOCAL
393
TRAINING CENTER



To Sign Up Call (408) 453-6330
or email hello@pttc.edu

MENTAL HEALTH & WELLNESS

MONTHLY SERIES

September 2022 - Suicide Awareness

October 2022 - Addiction and Substance Abuse

November 2022 - Depression

January 2023 - Parenting

February 2023 Family Issues

March 2023 - Emotional Wellness / Self Care

April 2023 - Grief

May 2023 - Trauma

June 2023 - Domestic Abuse

July 2023 - Anger Management

August 2023 - Divorce

POSITIVE
MENTAL HEALTH
ALLOWS PEOPLE
TO:



WORK
PRODUCTIVELY



REALIZE THEIR
FULL POTENTIAL



MAKE
MEANINGFUL
CONTRIBUTIONS
TO THEIR
COMMUNITY



COPE WITH THE
STRESSES OF
LIFE



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Mental Health & Wellness Monthly Series

SUICIDE AWARENESS WORKSHOP

COURSE DESCRIPTION

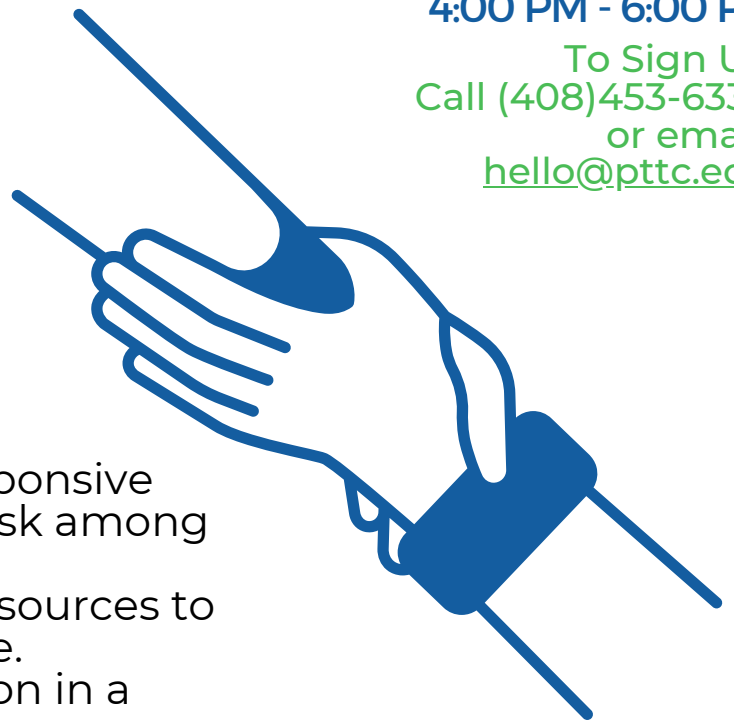
Brought to you by the County of Santa Clara Behavioral Health Services, BE SENSITIVE BE BRAVE: Suicide Prevention is a foundational workshop in suicide prevention.

IN THIS COURSE

Participants will learn culturally responsive techniques for identifying suicide risk among community members.
Learn to identify the appropriate resources to connect individuals at risk of suicide.
Learn to approach suicide prevention in a culturally sensitive manner.

SEPTEMBER 19TH, 2022
4:00 PM - 6:00 PM

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Need Help Now?

Crisis and Suicide Prevention Lifeline 24/7: Dial 9-8-8

CRISIS TEXT LINE 24/7: Text RENEW to 741741