

Mental Health Training

December 8, 2025 | 8:30am-5pm

Capitol Hill | Denver, Colorado

This training teaches you how to identify, understand, and respond to mental health and substance use challenges among adults and young people.



International
MedicalRelief



MENTAL HEALTH
FIRST AID
COLORADO



Learn:

- A** Assess risk for suicide or harm.
- L** Listen nonjudgementally.
- G** Give reassurance and information.
- E** Encourage appropriate professional help.
- E** Encourage self-help and other support strategies.

Training Includes:

- Common signs and symptoms of Mental Health challenges
- Common signs and symptoms of Substance use challenges
- Expanded content on trauma, substance use and self-care
- How to connect a person with help
- For youth, the impact of social media and bullying
- How to interact with a person in crisis

130

On average, 130 people die by suicide every day.

Source: American Foundation for Suicide Prevention

841,000

From 1999 to 2019, 841,000 people died from drug overdose.

Source: Centers for Disease Control and Prevention

1 in 5

Nearly 1 in 5 in the U.S. lives with a mental illness.

Source: National Institute of Mental Health

Contact Now



970-635-0110



karla@internationalmedicalrelief.org



www.imrus.org