

2019 Mental Health EDUCATION



HSHS Sacred Heart and St. Joseph's hospitals' 3D Community Health: Body.Mind.Spirit offers the following programs, free of charge, to teach the general public how to help someone experiencing a mental health challenge.



QPR: QUESTION, PERSUADE, REFER

Join us to learn three steps anyone can take to help prevent suicide. Just like CPR, QPR is an emergency response to someone in crisis and can save lives. Learn to recognize the warning signs that someone may be thinking about suicide and how to refer them to help.

Tuesday, March 19
HSHS Sacred Heart Hospital
Msgr. Klimek Auditorium
3:30 - 5 p.m.

Thursday, October 24
HSHS St. Joseph's Hospital
McDonald Hall
5 - 6:30 p.m.

ADULT MENTAL HEALTH FIRST AID

It's easy to recognize signs of a heart attack or choking but what about the signs of anxiety or a panic attack? Mental Health First Aid is an eight-hour training course that teaches participants how to identify, understand and respond to signs of mental illnesses and substance use disorders.

Friday, April 26
HSHS Sacred Heart Hospital
Msgr. Klimek Auditorium
8:30 a.m. - 4:30 p.m.

Rural Community Focused Class
Thursday, June 20
HSHS Sacred Heart Hospital
Rotunda
8:30 a.m. - 4:30 p.m.

YOUTH MENTAL HEALTH FIRST AID

Youth Mental Health First Aid USA is an eight-hour public education program which introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge. The course is designed for adults who regularly interact with adolescents.

Tuesday, January 8
HSHS St. Joseph's Hospital
McDonald Hall
8:30 a.m. - 4:30 p.m.

Thursday, August 15
HSHS Sacred Heart Hospital
Msgr. Klimek Auditorium
8:30 a.m. - 4:30 p.m.

Friday, November 15
HSHS Sacred Heart Hospital
Msgr. Klimek Auditorium
8:30 a.m. - 4:30 p.m.

UNDERSTANDING ACES: BUILDING SELF-HEALING COMMUNITIES

This Wisconsin ACE interface curriculum provides an introduction to adverse childhood experiences (ACES) and brain development. The class objectives are to raise awareness and build understanding of how to identify and respond to the toxic stress of childhood adversity and to inspire a new approach to building healthy and resilient communities.

Wednesday, February 13
HSHS Sacred Heart Hospital
Msgr. Klimek Auditorium
2 - 4 p.m.

Tuesday, September 17
HSHS St. Joseph's Hospital
McDonald Hall
3 - 5 p.m.

Friday, December 6
HSHS Sacred Heart Hospital
Msgr. Klimek Auditorium
8 - 10 a.m.



Schedule subject to change.
All classes are free.
Registration is required.
Call 715-717-7479 or visit
www.SacredHeartEauClaire.org/Events-Classes.