



# MENTAL HEALTH AWARENESS MONTH ADVOCACY SERIES

Participate in an upcoming event and learn about supporting mental health in your community. All adults are welcome.

QUESTION. PERSUADE.  
REFER.

## Q.P.R.

**May 1** ● Lake Holcombe School  
6:00 - 7:30 pm

**May 28** ● Chippewa Falls Public Library  
12:00 - 1:30 pm

- The **QPR** mission is to reduce suicidal behaviors and save lives by providing innovative, practical and proven suicide prevention training.
- Just like CPR, QPR is an **emergency response** to someone in crisis and can save lives.
- Learn the **three steps** that anyone can take to save a life.

## REGISTER TODAY!



Call 715-726-7900 Ext. 2138  
with questions



<https://redcap.link/MHAT-trainings>



**Free** for all!



Light **snacks** available.

## LEARN HOW TO SUPPORT A VETERAN IN CRISIS

# V.A. SAVE

**May 15** ● Virtual  
12:00 - 1:00 pm

- Know the **Signs** that indicate a Veteran might be thinking about suicide.
- **Ask** the most important question of all — “Are you thinking of killing yourself?”
- **Validate** the Veteran’s experience.
- **Encourage** treatment and **Expedite** getting help.

## OVERCOME ACES BY BUILDING YOUTH RESILIENCE

# SHAPING DESTINY

**May 8** ● Valley Vineyard Church, Chippewa Falls  
6:00 - 7:30 pm

**May 22** ● Bloomer Public Library  
6:30 - 7:30 pm

**May 29** ● Stanley Public Library  
6:30 - 7:30 pm

- Hear **personal testimony** from adults who have overcome Adverse Childhood Experiences (ACES) – and hear what youth have to say in **lively unscripted conversations**.
- This session will include facilitated conversation after viewing the Shaping Destiny video.