

MENU OF SERVICES

COMMUNITY ENGAGEMENT TEAM



We are here to support you and your organization's wellness. Below are services that we offer, free of charge. If you do not see what you're looking for, please reach out at: CET@allhealthnetwork.org.

INDIVIDUAL SUPPORT

AllHealth Network's Community Engagement Team offers short-term mental health support for individuals and can assist in resource connection for community members of all ages. Those needing support can connect with the CET over phone, e-mail, or video call. All support is free and anonymous.

TRAININGS



DE-ESCALATION | 1 - 2 HOURS

A training for those in client or customer-facing roles who would benefit from learning how to work with highly escalated individuals.



QUESTION, PERSUADE REFER (SUICIDE PREVENTION) | 1 - 2 HOURS

Participants will learn the warning signs of suicide and the technique known as **Question, Persuade, Refer** to get help for those at risk.



ADULT MENTAL HEALTH FIRST AID | 4.5 HOURS

Learn the signs and symptoms of mental health challenges or crises, how to respond in emergencies, and how to offer impactful support. Pre-coursework must be completed before this training.



YOUTH MENTAL HEALTH FIRST AID | 4.5 HOURS

Adults who work with youth will learn the signs and symptoms of mental health concerns and how to provide effective support. Pre-coursework must be completed before this training.



PSYCHOLOGICAL FIRST AID | 2 HOURS

Psychological First Aid is an important tool in recovery after a trauma. This training will teach how to reduce stress and assist in healthy recovery after experiencing a traumatic event



WELLNESS HOUR | 1 HOUR

Between one and four sessions focused on teaching and practicing stress management skills and exploring wellness topics in English or Spanish.

Topics covered include: Mindfulness, domains of wellness, resiliency, grief and loss, controlling what we can, stress on the brain, boundaries, and finishing the stress cycle.

SCHEDULE A PRESENTATION: Schedule a 20-30 minute presentation with our Community Engagement Team for your organization, group, or department. The team can provide a short overview of the available services, as well as how AllHealth Network may be able to support you best.