

Announcing

FREE 90-MINUTE TRAININGS for our community

presented by



know the facts • learn the signs • provide help

Sign Up Today!

To Schedule a Training:

www.icstucson.org/schedule-mental-health-safe-space-training

For Information:

www.icstucson.org/mental-health-safe-space

The goal of Mental Health Safe Space trainings is to eliminate the stigma surrounding mental illness and to invoke compassion and understanding about this common health issue.

Finding the right help at the right time can make all the difference.

MHSS trainings provide participants with:

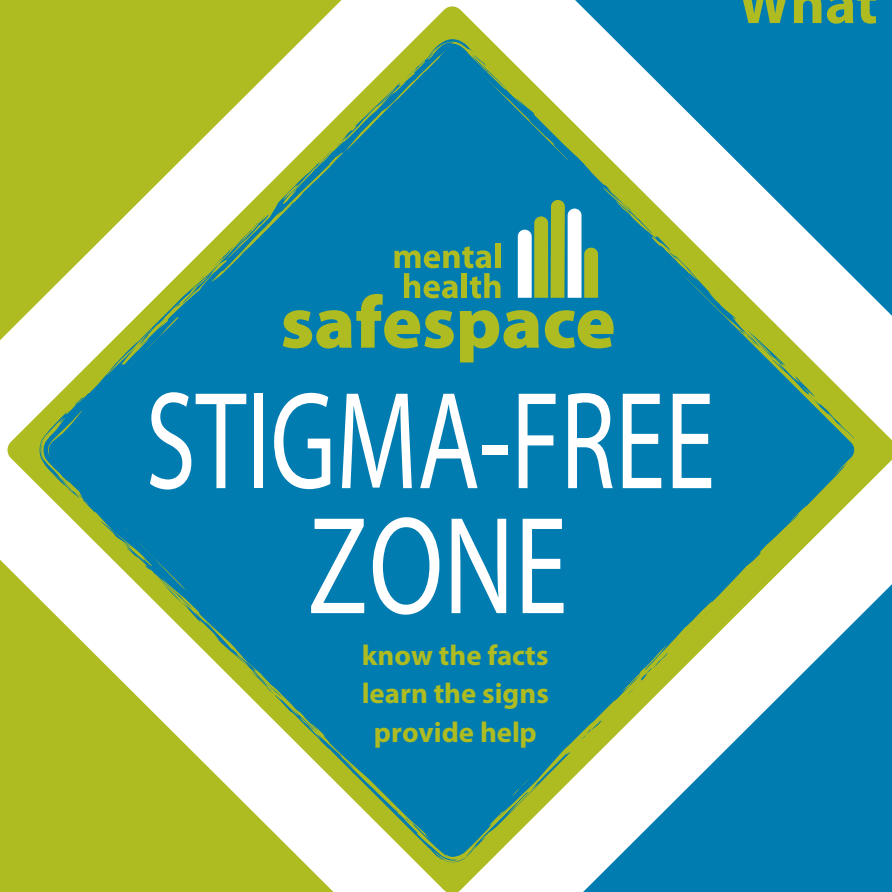
- a better understanding of mental illness
- ways to identify a mental health crisis and de-escalate potentially volatile situations
- resources to offer as support

Mental Health Safe Space is a collaborative movement funded by:



Facilitated by:





What is a Stigma-Free Zone?

Mental Health Safe Space seeks to create a “Stigma-Free Zone” of our community by providing the tools to help identify those who may need assistance and guide them to available resources.

Sign up for MHSS Trainings and learn how you can help.

With education and understanding, we can work together to make our community the kind of place that responds to mental health issues with compassion and support.

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