

*YOU can be the difference!*  
*YOU can get someone the help they need!*  
*YOU can save a life!*



Let's better *OUR*  
community!



We need *YOU* trained:

- \*Mental Health First Aid*
- \*Applied Suicide Intervention Skills Training*
- \*Know The Signs of Suicide*

**All trainings are free! Register here:**

<https://www.eventbrite.com/o/tehama-county-health-services-agency-10873122780>

For more information, email: [avery.vilche@tchsa.net](mailto:avery.vilche@tchsa.net)



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