

FREE Training
+ CE Credits

BE SENSITIVE, BE BRAVE FOR MENTAL HEALTH

A Culturally Infused Workshop on Mental Health for Community Members

BSBB for Mental Health is a 2-hour interactive, first-of-its-kind culturally infused workshop in NH that prepares community members to help friends and loved ones during times of distress. Delivered through SSG Fox SPGP by the state's only BSBB-certified trainer.

LEARN

- Identify if someone is in mental distress
- Practice being sensitive and brave in helping other
- Build resilience using a recipe for mental health
- build cultural sensitivity around mental health
- Respond to community needs and decrease stigma

JOIN US

Workshops are designed for community members at large, with a unique, audience-specific curriculum available exclusively for first responders and veterans through the SSG Fox Suicide Prevention Program.

CRISIS SUPPORT

If you know someone who is in suicidal crisis or emotional distress, free and confidential support is available 24/7: Call or text 988, or text "HOME" to 741741.

CommunityConnections
Psychological Associates, Inc.

Time ::: 10 am - 12 pm

Date ::: Thu, June 4, 2026

Location ::: Virtual

Note: Registration is required

Register
Now!
(Limited Seats)



 **Harbor Care**

HOUSING ▾ HEALTHCARE ▾ VETERAN SERVICES

SSG Fox offers a variety of free suicide prevention and mental health trainings led by a certified trainer, all providing free CEs approved by OPLC and NHNASW. For more information contact: a.baer@harborcarenh.org