

Mental

Health

THREE

Dimension Solutions



www.threedimensionsolutions.org

Solutions

Come Train With Us!

Mental Health Training

We provide training programs and workshops, virtual and in-person, to educate community members, educators, and caregivers about mental health awareness, early intervention, and supportive practices. Our programs cover topics such as recognizing signs of distress, offering peer support, and accessing professional help. Training can be requested in the following areas: trauma-informed care, suicide prevention and intervention, building social and emotional skills/coping skills, de-escalation and crisis support, mental health awareness, and wellness and stress management.



**Be Bold Be Brave!
Empowering Young
Minds-Mental Health
Awareness Training**



**Be Bold Be Brave!
Supporting Strong
Hearts- Social,
Emotional, and Coping
Skills Training for Kids**



**Behavior De-
Escalation Training**



**Trauma-Informed,
Informed to Care**



**Crisis Prevention
and Intervention
Nonviolent Crisis
Intervention**



COME TRAIN *With Us!*

WE OFFER ONLINE AND IN-PERSON TRAINING TO:

Caregivers

Supporting youth emotional, behavior, and coping skills; building awareness and supporting mental health; and identifying resources for support.

Educators

Meeting state standards of mental health training; supporting youth social, emotional and behavioral skills; and building systems of support with caregivers and community agencies.

Community Organizations

Building awareness and decreasing stigma of mental health; meeting state standards of mental health training; and building systems of support with caregivers, school systems, and community agencies.

BOOK NOW

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