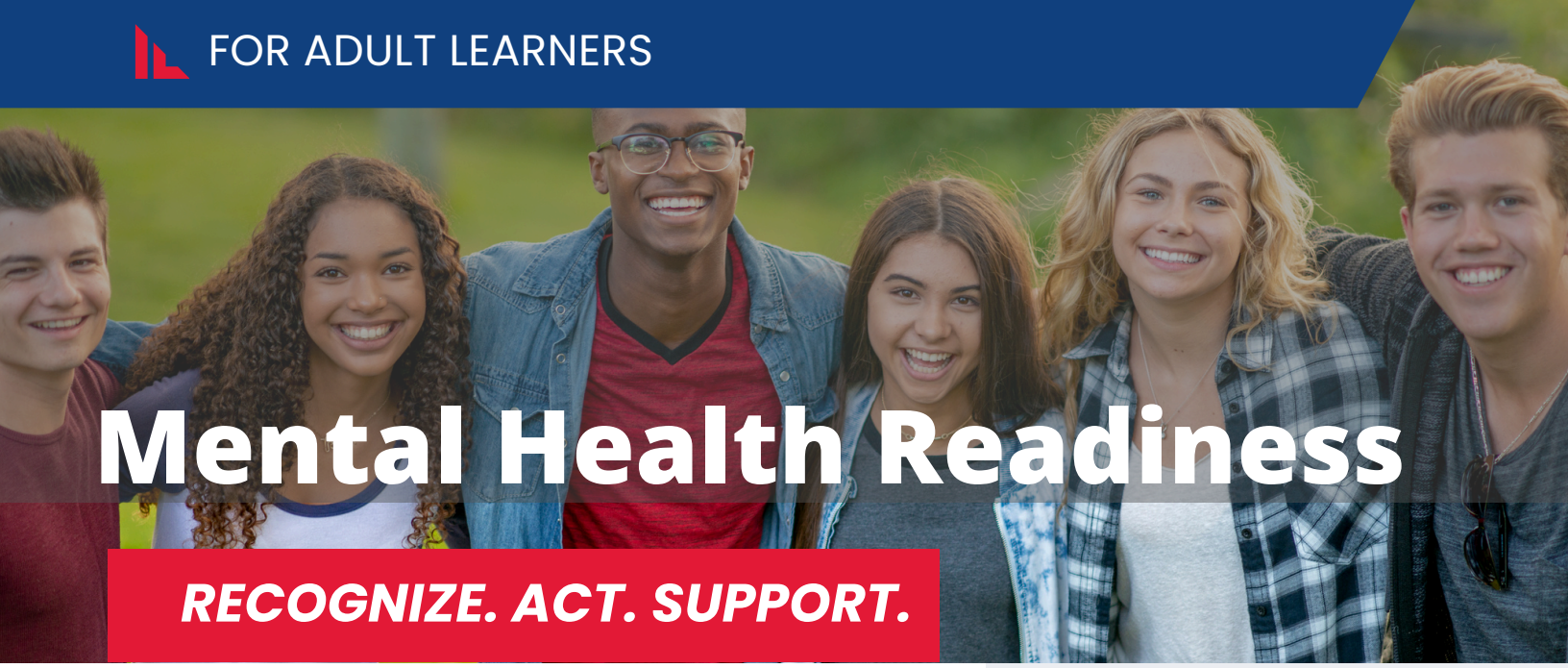
FOR ADULT LEARNERS



Mental Health Readiness

RECOGNIZE. ACT. SUPPORT.

Adults Helping Youth

Mental Health Readiness: Recognize, Act, Support is a pioneering training program that equips adults with knowledge and skills to effectively support the mental health of youth and young adults.

This course was developed through a collaborative effort between Beneath The Brave and the Atlanta Area Council Scouting America.

R RECOGNIZE — ***Recognize*** **signs that may indicate an individual is struggling with their mental health.**

E ENCOURAGE — ***Encourage*** **them by creating an environment that normalizes open conversations about mental health.**

A ACT — **Take *action* by approaching young adults with your concerns and observations.**

D DISCOVER — ***Discover*** **what they are going through and who else may need to be involved.**

Y YOUR SUPPORT — **You are the bridge to getting young adults connected to mental health professionals, peer support, and other trusted adults.**

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Beneath The Brave

- *Recognize the signs and symptoms that a young adult may be struggling with their mental health.*
- *Identify practical ways to create environments where young adults feel heard, valued, and respected.*
- *Apply effective listening and communication techniques to foster open dialogue about mental health.*
- *Connect young adults in need of support with appropriate mental health professionals and other trusted adults.*

ATLANTA AREA COUNCIL
Scouting America

FOR YOUTH LEARNERS



Mental Health Readiness for Youth

3 Steps Youth Can Take to Help a Friend in Need

Youth Helping Youth

Give youth the confidence to speak up and the tools to take action.

Many youth experience mental health challenges but often lack the education or awareness to recognize when they or their peers need help, or where to turn for support.

Mental Health Readiness for Youth empowers young people to recognize when a friend may be struggling, start supportive conversations, and connect them with trusted adults and appropriate resources.

Youth learn the **3 Step Action Plan** to check in with friends, listen without judgment, recognize when additional help is needed, and involve a trusted adult rather than trying to handle difficult situations on their own.

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Scouting America

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3-Step Action Plan

SPOT THE SIGNS
Recognize When
A Friend Needs Help

SAY THE WORDS
Talk to Them and
Offer Support

GET THE HELP
Tell a Trusted Adult
About Your Concerns

Beneath The Brave

Become a Mental Health Readiness Facilitator!

Train-the-Trainer Certification & Licensing

Bring meaningful mental health education to your community with a comprehensive, ready-to-deliver curriculum and the confidence to lead engaging, impactful training.

Designed for educators, youth-serving professionals, community leaders, and volunteers, our Train-the-Trainer program equips you with the knowledge, facilitation skills, and resources to deliver Mental Health Readiness without having to develop a program from scratch.

Your impact doesn't stop with the people you train. By becoming a certified facilitator, you're expanding access to mental health education, strengthening community support, and empowering more people to recognize challenges, take action, and connect others to help.

Only facilitators certified and authorized by Beneath The Brave may deliver the Mental Health Readiness curriculum.

BRING MENTAL HEALTH READINESS TO YOUR COMMUNITY



ERIN CALLINAN, MSW
Keynote Speaker, Author
Founder of Beneath The Brave

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Beneath The Brave

INCLUDED IN THE TRAIN-THE-TRAINER CERTIFICATION:

Comprehensive Facilitator Training
Build confidence in program delivery, presentation skills, and group facilitation.

Facilitator Guide & Toolkit
Preparation checklists, practical resources, and facilitation strategies.

Ready-to-Deliver Curriculum
Complete presentation slides, structured content, and teaching guidance.

Digital Participant Materials
Workbooks, handouts, evaluations, and completion certificates.

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Mental Health Readiness Course Pricing Sheet

It's More Than a Training. Experience The Lasting Impact.

By investing in Mental Health Readiness, you're helping build communities where adults and young people have the knowledge, confidence, and practical tools to recognize mental health challenges, start meaningful conversations, and connect others to support.

The Transformation?

Mental Health Readiness goes beyond awareness to equip adults and youth with the confidence, skills, and tools to make a meaningful difference. Participants move from uncertainty to confidence, from silence to supportive conversations, and from recognizing a concern to knowing how to take action.

VIRTUAL TRAINING ADULT & YOUTH

Facilitated by
Erin Callinan, MSW

UP TO 40 ATTENDEES

$ 650

TRAIN THE TRAINER CERTIFICATION & LICENSE

Facilitated by
Erin Callinan, MSW

PER LICENSED TRAINER

$2,200

What's Included:

- ✔️ 1 hour interactive training
- ✔️ Participant workbook
- ✔️ Customized group scenarios
- ✔️ Mental health app list
- ✔️ Digital certificate of completion
- ✔️ National resource list

YOU SELECT THE DATE.

WE PROVIDE THE TRAINING!

Beneath The Brave

MENTAL HEALTH READINESS
beneaththebrave.com/ready

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