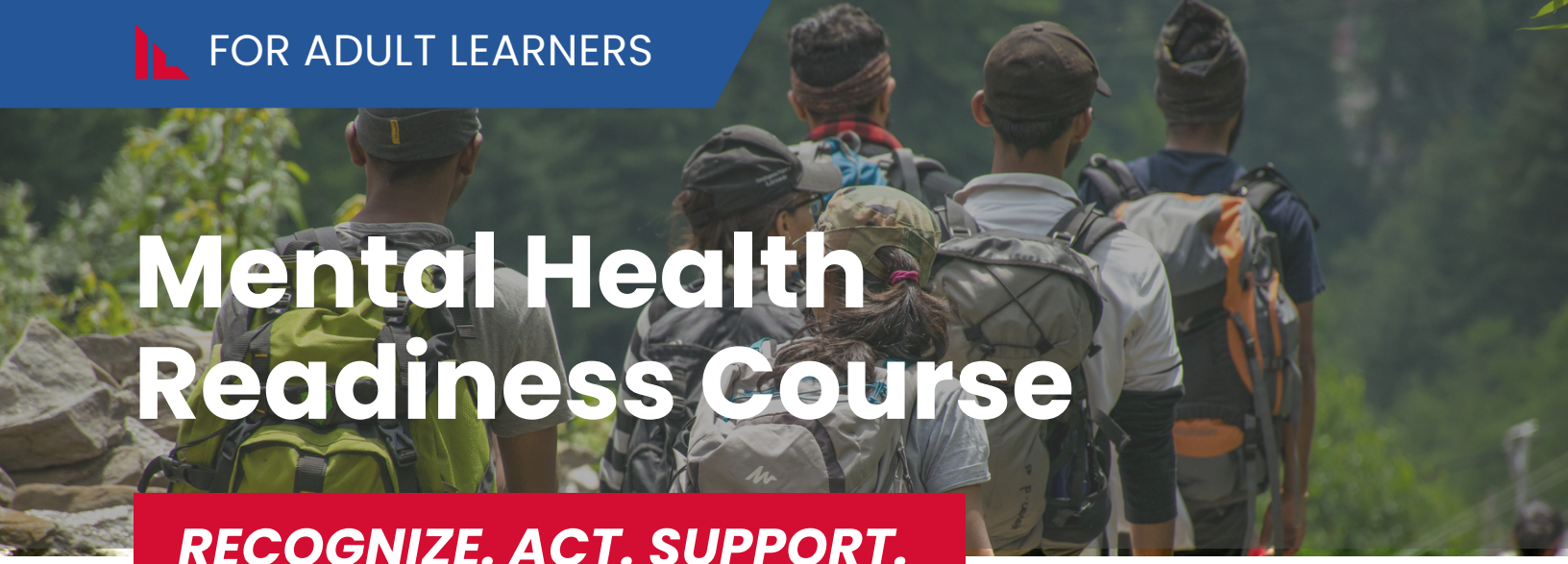
FOR ADULT LEARNERS



Mental Health Readiness Course

RECOGNIZE. ACT. SUPPORT.

About

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

This course was created and 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 youth about your concerns and observations.**

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

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

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ATLANTA AREA COUNCIL Scouting America

LEARNING OBJECTIVES

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

Are you interested in becoming a Certified Mental Health Readiness Facilitator?

REACH OUT!

Erin Callinan, MSW, Curriculum Developer and Founder of Beneath The Brave provides certification following the completion of the Mental Health Readiness Train the Trainer Program.

Facilitators receive comprehensive access to the curriculum, as well as extensive training and expertise, enabling them to confidently deliver the program within their communities.

Please note, ONLY certified facilitators authorized by Beneath The Brave, may teach the Mental Health Readiness curriculum.

BENEATH THE BRAVE



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BRING THE MENTAL HEALTH READINESS COURSE TO YOUR COMMUNITY OR EVENT!

The Train the Trainer Program ensures adults are equipped with tools and support to successfully implement the training and make a lasting impact. By investing in Mental Health Readiness, adults provide meaningful support to youth, empowering them with the resources and resilience they need to thrive.

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