



FREE Community Training

GHS free in-person and online trainings to address the mental health needs of our community.

Training made possible by ReCAST

LivingWorks Start

Practice responding to people in crisis during a highly interactive self-study.

Trauma & Resiliency

Review the correlation between trauma and resiliency and explore ways to increase resiliency in your life.

Mental Health First Aid

Learn what to do in a crisis with adults or with youth until a professional arrives.

Mental Health 101

An introductory course on mental health.

Question Persuade Refer (QPR)

QPR is an emergency response to someone in crisis and can save lives.

Suicide: The Ripple Effect

A documentary film focusing on the devastating effects of suicide and positive ripple effects of advocacy, inspiration, and hope.

Specialty Training

LivingWorks Faith

Empowering faith leaders to save lives from suicide.

Narcan Training

Learn how to recognize, prevent and stop an overdose. You could save a life.

Military Culture

it is important to recognize that this community has its own way of life and cultural norms.

Naloxone Film / Region 10 PIHP Video

A film by Region 10 PIHP with information about Naloxone and its use.



Learn more and register
genhs.org/free-training

GHS
Genesee **HEALTH SYSTEM**



Customer Services: 810-257-3705 or TTY 810-257-1346
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24/7 Crisis Line: 810-257-3740 • www.genhs.org