



LEAD

Lived Experience Advocacy Development

Serving Northern Santa Barbara County

Mental Health Trainings, Presentations & Linkage to Community Resources and Supports



- Mental Health First Aid (MHFA)
- Youth Mental Health First Aid (YMHA)
- QPR Suicide Prevention
- Customized Mental Health Presentations
- Stories of Lived Experience

**Great for Educators, Clergy, First Responders,
Social Service Agencies, Front Line Employees,
and Everyone in Between!**

Scan the QR code or use
the contact info below to
schedule a training today



LEAD@t-mha.org



(805)503-2381 OR
(805)503-2307



Taught by certified trainers!

Find help for yourself or someone else!



Transitions-Mental Health Association