



## MENTAL HEALTH CLASSES

Tuff Services Ministries provides an abundance of tools and resources through classes and workshops, regarding mental health issues and we counsel with non-judgmental comfort and support, regarding the guilt and shame that can be associated with those concerns. We also provide suicide awareness, prevention and intervention skills training, so you can become more aware, prepared and obtain more self-confidence dealing with this issue.

Dealing openly with the stigma around suicide, this exploration focuses upon the question, "Are you thinking about suicide?" Most people with thoughts of suicide don't truly want to die, but, are struggling with the pain in their lives. Through their actions they invite help to stay alive. We want you to become more suicide alert.

**Please contact us to enroll in one of our upcoming workshops!**

### WORKSHOPS PROVIDED:

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(SAFETALK) -  
SUICIDE ALERTNES  
FOR EVERYONE

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(ASIST) - APPLIED  
SUICIDE  
INTERVENTION  
SKILLS TRAINING

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(YMHFA) - YOUTH  
MENTAL HEALTH  
FIRST AID

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**\*CEU'S/CME'S  
PROVIDED**

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### TUFF SERVICES MINISTRIES

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