



MENTAL AGILITY

MOVE YOUR MIND

Crisis Prevention Workshops



Most mental health first aid trainings fall into one of two camps: Prevention and Intervention. Attendees learn how to aid an individual experiencing minor symptoms of a mental illness, or how to safely guide a person experiencing a mental health crisis to safety.

Available curriculums cover how to safely travel from the very top of the mental illness mountain and how to mitigate serious injury or death if a crash occurs near the bottom.

We're missing how to help individuals recognize they are speeding dangerously downhill and how to take corrective action.

Mental Agility CP Workshops™, help caretakers (parents, teachers, coaches) and those in their care (kids, students, athletes):

- Better recognize increasing stress
- Consistently reduce negative thoughts
- Develop tiered strategies for further care

Plan for the whole trip, not just the beginning and the end, by scheduling an in-person or virtual presentation at:

mentallyagile.com/contact