

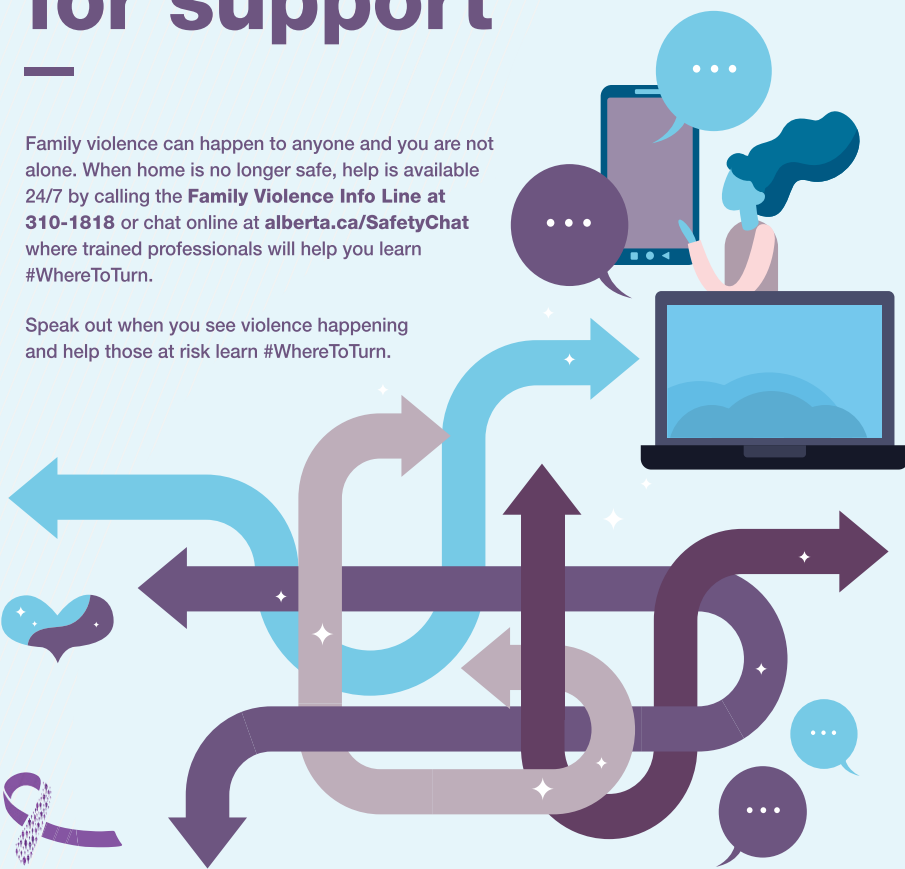
## Family Violence Prevention Month

FAMILY VIOLENCE PREVENTION MONTH 2021

# Learn where to turn for support

Family violence can happen to anyone and you are not alone. When home is no longer safe, help is available 24/7 by calling the **Family Violence Info Line at 310-1818** or chat online at [alberta.ca/SafetyChat](https://alberta.ca/SafetyChat) where trained professionals will help you learn #WhereToTurn.

Speak out when you see violence happening and help those at risk learn #WhereToTurn.



@AlbertaCSS  
#GoPurpleAB #WhereToTurn

Alberta

## Mental Health Literacy



# GET IN THE KNOW ABOUT MENTAL HEALTH LITERACY

**In the Know** is a course designed to help you learn about mental health and illness, promoting wellbeing in your life, how to recognize when someone is struggling, and how to respond.

The course has been developed specifically for farmers and evaluated by researchers at the University of Guelph.

DATE: **NOVEMBER 5, 2021**

TIME: **10:00 AM to 2:00 PM**

LOCATION: **VIRTUAL**

BROUGHT TO YOU IN PARTNERSHIP WITH:



**At the end of this program you will be able to:**

- Describe stress, anxiety, depression, acute trauma, suicide and substance abuse
- Recognize signs and symptoms of mental distress
- Describe approaches for engaging in safe conversations about mental health with someone who may be struggling
- Identify appropriate people and/or organizations that can provide help/support/resources for someone who may be struggling

REGISTER AND FIND OTHER COURSES NEAR YOU AT [WWW.ALBERTAITK.CA](http://WWW.ALBERTAITK.CA)

IN the KNOW