

## New Mental Health & Wellness: Responder Ready Training for Bigs and Professional Staff Available Now!

As part of Team: Changing Minds, we are excited to announce a new online training free for Bigs and BBBS local agency staff. The new course, “Mental Health & Wellness: Responder Ready”, is available in the Learning Exchange and was created to help caring adults to:

1. Recognize the signs of mental health challenges in youth
2. Understand multiple forms of help available to young people
3. Respond by helping a young person who may be in distress, as well as being a support in non-crisis situations
4. And incorporate positive mental health education and modeling in your everyday interactions with youth

**MENTAL HEALTH & WELLNESS: RESPONDER READY**  
Now available in The Learning Exchange

**MENTAL HEALTH & WELLNESS: RESPONDER READY**  
Free course

**WELCOME TO TEAM CHANGING MINDS!**  
The Team: Changing Minds and the teams in Exchange the greatest free professional participating local, assessment health support and get connected to mental health resources, bringing the powerful, and resources to help you, play in our communities.

The **Mental Health & Wellness Responder Ready** Training consists of this entire introduction to mental health and following conversations with your Match Support Specialist, and activities to use when interacting with young people. Additional mental health resources and learning opportunities will be available through the Team: Changing Minds Resource Hub.

Register this course on the platform you:

- 1. Recognize the signs of mental health challenges in youth.
- 2. Understand multiple forms of help available to young people.
- 3. Respond by helping a young person who may be in distress, as well as being a support in non-crisis situations.
- 4. And incorporate positive mental health education and modeling in your everyday interactions with youth.

**Big Brothers  
Big Sisters**