



ACT! TRAINING



PURPOSE

The objectives of the USC-MHS ACT! Training are much like those of a first aid course. We teach participants the signs and symptoms of a mental health challenge and/or crisis, how to de-escalate a situation to avoid harm to oneself or others, and what pathways are available for additional professional support. Our training also includes a segment on local community resources that can be found in your area.

Course Length

USC-MHS offers a 2 hour and a 4 hour ACT! Training.

Group Size

Each course is limited to 40 participants. This allows the instructors the ability to support each person through what can be a difficult topics to speak about.

Cost

2-Hour Course: \$600

4 Hour Course: \$900

All NSS Members get a 20% discount through our partnership!

mentalhealthandsport.org