



ARE YOU READY TO LISTEN?

The Oklahoma Department of Mental Health and Substance Abuse Services is sponsoring online training programs and resources to address topics including recognizing and responding to mental and emotional distress among youth and adults; improving resilience; and preventing mental and emotional distress responses.

Friend2Friend

Practice talking with Michael's friend Ana, learn about what she is feeling, and help connect her with a trusted adult.



TO ACCESS this training schools must complete a requirement. Please contact Julie Geddes for more information.

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OKLAHOMA
Mental Health &
Substance Abuse

<http://ok.gov/odmhsas/>