



Recognizing that mental health functions on a spectrum, **COMET™** (Changing Our Mental and Emotional Trajectory) is a community-based intervention to **activate community members** and provide them with **language, tools** and **confidence to intervene** when they notice someone around them is unwell – and before crisis occurs. COMET™ helps fill a gap and is a strong complement to other strategies to **reduce the suffering** resulting from the high levels of **stress in rural, agricultural communities**.

COMET™ aligns with rural cultural values of **neighbor helping neighbor** and communities being their own best resource.



## 90-minute virtual training includes:

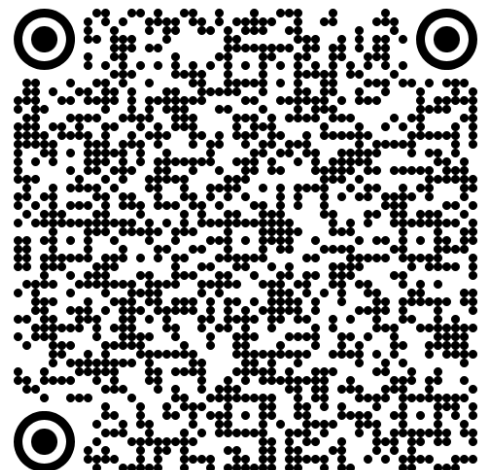
- Experiential and didactic sections
- Shared examples of being "the other person," the COMET questions, and role-playing

**Thursday, January 18, 2024 @ 9:30 - 11:00am MT**

**Tuesday, April 16, 2024 @ 1:30 - 3:00pm MT**

**Wednesday, July 17, 2024 @ 9:00 - 10:30am MT**

**Monday, October 21, 2024 @ 9:30 - 11:00am MT**



Scan the QR code to sign up for a training or contact us at [COMET@cuanschultz.edu](mailto:COMET@cuanschultz.edu) for more information