

Notice a family member, friend or neighbor who is “not themselves” lately? Feel unsure of how to check in with them?



COMET™ provides participants with a guide on how to do the following:

- Start a conversation that could be potentially emotional
- Be present and supportive but not “fix it”
- Exit the conversation gracefully by offering resources, follow-up or next steps



Rural communities and farm families value supporting each other in times of need and that should extend to those who are in a vulnerable emotional state. What better way to show you care than to provide a listening ear?

COMET™ empowers friends and neighbors to be more prepared to support others' mental health needs—especially before a crisis occurs.



Training location:
Sauk Prairie Healthcare
260 26th St, Prairie du Sac, WI

Training time:
Friday, October 16, 2026
1:00 – 3:00 PM

Registration information:
Foundation@saukprairiehealthcare.org