2-DAY ADULT MENTAL HEALTH FIRST AID TRAINING

DON'T MISS THIS FREE TRAINING!

Mental Health First Aid is a public education program that introduces participants to:

- Recognize risk factors, warning signs, and symptoms of mental illness
- Learn facts of anxiety, depression, substance abuse, bipolar disorder, and schizophrenia
- Understand impact of mental illness
- Learn a 5-step plan to support someone in emotional crisis

This 8-hour course uses role-playing and simulations to demonstrate how to offer initial help in a mental health crisis and connect persons to the appropriate professional, peer, social, and self-help care.

This is a in-person, 2-day, 4-hr per day training.

You must attend both dates to obtain certification.

Register by scanning the QR code.

SATURDAYS, AUGUST 24 & 31, 2024 10AM–2PM

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