

Want to make a difference?



**MENTAL
HEALTH
FIRST AID®**

Take

Mental Health First Aid is an evidence-based course designed to teach adults the skills needed to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care.



The **2-hour online, self-paced session** is to be completed on Mental Health First Aid USA's learning management system prior to taking the instructor-led session.



The **5.5-hour Instructor-led Zoom session** is scheduled with two certified Mental Health First Aid Instructors.

Following the 7.5-hour training, participants will be certified **Mental Health First Aiders!**

TUESDAY, AUGUST 31

8:30 am - 3:30 pm

Virtual Online Format

TO REGISTER:

<https://bit.ly/3xHFicX>



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