



Behavioral Healthcare

Join us for this **FREE** training about common mental health challenges, misconceptions, and how you can lend a helping hand to a person in need of support!

MENTAL HEALTH FIRST AID TRAINING

All of the following courses are being held VIRTUALLY
All trainings are free to attend.

Mental Health First Aid

Registration Link <https://virtualmentalhealthfirstaid2020.eventbrite.com>

<u>DATE</u>	<u>TIME</u>
Wednesday, November 4, 2020	9:00 AM – 2:30 PM
Friday, November 13, 2020	9:00 AM – 2:30 PM
Thursday, November 19, 2020	9:00 AM – 2:30 PM
Thursday, December 3, 2020	9:00 AM – 2:30 PM
Wednesday, December 9, 2020	9:00 AM – 2:30 PM
Tuesday, December 15, 2020	9:00 AM – 2:30 PM

Virtual Mental Health First Aid USA is provided in two parts; one self-paced online module to be completed by participants prior to an instructor led Zoom session. Zoom sessions are the times listed above. Participants will receive access instructions for the self-paced module at least one week prior to the instructor led session date.

Participants learn how to help someone who is developing a mental health problem or experiencing a mental health crisis. The program demonstrates that it helps identify, understand and respond to signs of mental illnesses and substance use disorders.

