



**MENTAL
HEALTH
FIRST AID®**

Virtual Certification Course

MENTAL HEALTH FIRST AID

Mental Health First Aid is an 8-hour training to teach participants how to help someone who is developing a mental health problem or experiencing a mental health crisis. The evidence behind the program demonstrates that it helps trainees identify, understand and respond to signs of mental illnesses and substance use disorders.

SESSION 1
MAY 23, 2022
1:00 PM - 5:00 PM

SESSION 2
MAY 24, 2022
9:00 AM - 1:00 PM

REGISTER IN ADVANCE FOR THIS TRAINING
**[HTTPS://US06WEB.ZOOM.US/MEETING/REGISTER/TZITCEC
VQD4OGTSSYF5N2UJR-KDJC7MRUZZJ](https://us06web.zoom.us/join/91254747532)**

REGISTRATION DEADLINE
MAY 20, 2022

**AFTER REGISTERING, YOU WILL RECEIVE A
CONFIRMATION EMAIL CONTAINING INFORMATION
ABOUT JOINING THE MEETING.**

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A MISSION TO FAMILIES**

