MENTAL HEALTH FIRST AID TRAINING

Part 1
February 7th, 2020: 8:30 am – 12:30 pm

Part 2
February 21st, 2020: 8:30 am – 12:30 pm

Open to all students and employees interested in:

- Becoming certified in mental health first aid
- Learning how to help others in distress
- Gaining knowledge of signs, symptoms, and risk factors of mental illnesses and addictions
- Engaging in experiential activities that build understanding of mental illness
- Learning about evidence-supported treatment & self-help strategies
- Increasing personal mental wellness
- Also open to community members for a $50 fee