



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
JULY 26, 2021
1:00 PM - 5:00 PM

SESSION 2
JULY 27, 2021
9:00 AM - 1:00 PM

REGISTER IN ADVANCE FOR THIS TRAINING
<https://us06web.zoom.us/join/tZAtd-uqrzkjEtVFLi1bU7UE53QkBlfLTAus>

REGISTRATION DEADLINE
JULY 21, 2021

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

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