

Adult Mental Health First Aid 2.0 Training

JOIN US FOR THIS FREE **VIRTUAL** COURSE!

Adult Mental Health First Aid is designed for anyone 18 years and older who wants to learn how to help a person who may be experiencing a mental health crisis or problem.

Details



July 27, 2021
9:00 AM - 3:30 PM



**VIRTUAL TRAINING
VIA ZOOM***

*= Link is provided once online pre-work is completed



This course is **FREE** to individuals and pre-work is required. Space is limited.



To register, email
MHFA@regionten.org
by July 12th, 2021

WHAT IS MENTAL HEALTH FIRST AID 2.0?

Mental Health First Aid 2.0 is a virtual offering of the original Mental Health First Aid course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.

In Mental Health First Aid 2.0, participants will need to complete a 2-hour, self-paced class online BEFORE participating in the 6.5 hour Instructor-led class using videoconferencing technology. Details for this will be provided to registrants the week before the Instructor-led class.



**Mental Health
FIRST AID**

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

regionten

innovative services for mental health, developmental disabilities and substance use disorders

a better life, a better community