

# Mental Health First Aid 2.0 Trainings

{ Summer/Fall 2023 Schedule }

## Schedule

**July 25: Adult MHFA (Virtual)**  
9:00 AM - 3:30 PM

**Aug. 22: Youth MHFA (In Person)**  
9:00 AM - 2:30 PM

**Sept. 6: Adult MHFA (In Person)**  
9:00 AM - 3:30 PM

**Oct. 18: Youth MHFA (Virtual)**  
9:00 AM - 2:30 PM

**Nov. 14: Adult MHFA (Virtual)**  
9:00 AM - 3:30 PM

**Dec. 12: Youth MHFA (Virtual)**  
9:00 AM - 2:30 PM

## Details



**Virtual Training via Zoom** (link is provided once online pre-work is completed).



**In Person Training is held at Region Ten, 500 Old Lynchburg Road in Charlottesville.**



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



To register, email [MHFA@regionten.org](mailto:MHFA@regionten.org) and specify the class/date you would like to register for.

Mental Health First Aid is a course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. This course can be attended either virtually or in person. 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.

Participants will need to complete a 2-hour, self-paced class online **BEFORE** participating in the Instructor-led class . Details for this will be provided to registrants prior to the Instructor-led class.

**Youth Mental Health First Aid** is primarily designed for adults who regularly interact with young people. It teaches how to help an adolescent (age 12-18) who is experiencing a mental health challenge or is in crisis.

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

**regionten**



**Mental Health  
FIRST AID**

from NATIONAL COUNCIL FOR  
MENTAL WELLBEING