

VIRTUAL MENTAL HEALTH FIRST AID

WHAT IS MENTAL HEALTH FIRST AID?

Mental Health First Aid is the initial help given to a person showing signs of a mental health or substance use problem or experiencing a mental health crisis until appropriate professional or other help, including peer and family support, can be engaged. Mental Health First Aid is designed to teach family members, caregivers, school staff, neighbors, and other caring citizens how to help individuals who are experiencing a mental health or substance use challenge or are in crisis.

These courses include 2 hours of self-paced work and 5 hours of live training over Zoom to prepare members of the public to provide Mental Health First Aid to those in need.



JOIN US FOR A PUBLIC TRAINING:

Please note that all training dates are subject to change and class size minimum and maximums may apply.

- March 18, 2021
- March 24, 2021
- April 15, 2021
- May 19, 2021 (YOUTH)*
- June 1, 2021
- August 24, 2021
- September 8, 2021 (YOUTH)*
- September 21, 2021

**Youth Mental Health First Aid is Mental Health First Aid specifically designed for adults assisting youth (ages 12-18).*

Cost: \$15.00 (Scholarships may be available upon request.)

Continuing Education Credits may be available for Nurses, Social Workers and Substance Abuse Professionals.

To register for MHFA trainings, visit our Eventbrite page: <http://mhfatrainingcmha-cei.eventbrite.com/>
For registration assistance or to schedule a Mental Health First Aid training session for your group or agency, please contact the Prevention Specialist at 517-887-5232 or prevention@ceicmh.org.

CMHA-CEI is approved as a provider of nursing continuing professional development by the Ohio Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. (OBN-001-91)

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