

# Mental Health **First Aid** Trainings

## **YOUTH MENTAL HEALTH FIRST AID**

Youth Mental Health First Aid teaches Adults how to identify, understand & respond to signs of mental health and substance use challenges among children & adolescents ages 12-18.

## **ADULT MENTAL HEALTH FIRST AID**

Adult Mental Health First Aid teaches Adults how to recognize the signs and symptoms that suggest a potential mental health challenge, how to listen non-judgmentally and give reassurance to a person who may be experiencing a mental health challenge, and how to refer a person to appropriate professional help.

### **WHO SHOULD BE TRAINED?**

- Parents/Caregivers
- Teachers/School Staff
- Coaches/Camp Counselors
- Adults who Work with Youth
- First Responders
- Business Owners
- Anyone (18+ years of age)

## **UPCOMING TRAININGS**

- **Adult Mental Health First Aid - In-person training w/ 2 hours of pre-work.**  
**February 8th, Thursday, from 10:00 am - 3:00 pm @ the West Haven Public Library.**  
(participants must complete 2 hours of online, pre-work and attend the in-person, instructor-led session.)
- **Youth Mental Health First Aid - In-person training w/ 2 hours of pre-work.**  
**March 6th, Wednesday, from 10:00 am - 3:00 pm @ Milford Public Library.**  
(participants must complete 2 hours of online, pre-work and attend the in-person, instructor-led session)
- **Youth Mental Health First Aid - In-person training w/ 2 hours of pre-work.**  
**March 14th, Thursday, from 10:00 am - 3:00 pm @ West Haven Public Library.**  
(participants must complete 2 hours of online, pre-work and attend the in-person, instructor-led session)
  - This training is **FREE** and open to all individuals that live/work/worship within the towns of Milford, West Haven, Bethany, Orange and Woodbridge.
  - Trainings with less than 10 participants will be rescheduled.
  - Trainings may be rescheduled dependent upon winter weather.

**REGISTER FOR A TRAINING NOW!**  
**ADULT AND YOUTH MHFA TRAININGS AVAILABLE.**  
<https://bit.ly/trainings-MHFA>



- Participants must complete 2 hours of self-paced, pre-work before attending the interactive, Instructor-led portion of the training.
- Participants must attend the entire training in order to become certified.
- Participants will also be required to complete a knowledge check and course evaluation.
- Participants who complete the course will receive a 3-year certificate and CEU hours.
- This training is FREE. All course materials and fees are covered through a Mental Health Awareness Training grant and Bridges Healthcare.

Registration is required.

Questions?

Contact Erica Skoutas, MHFA Project Director  
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