

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 online pre-work.
February 27th, Thursday, from 10:30 am - 3:00 pm @ West Haven Public Library.
- **Youth Mental Health First Aid** - In person training w/ 2 hours of online pre-work.
March 27th, Thursday, from 10:30 am - 2:30 pm @ West Haven Public Library.
- Please note that 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 and trainings may be rescheduled dependent upon winter weather.

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



Additional Information

- Participants must complete 2 hours of self-paced, online pre-work before attending the in person, 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
at eskoutas@bridgesmilford.org

