

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.

Upcoming trainings

- **April 6th, Monday, Adult MHFA w/ in-person training @ the Parson's Center in Milford from 10 am - 2:30 pm**
(Blended course w/ 2 hours of online, pre-work and a 4.5 hr. in-person, instructor-led session)
- **April 24th, Friday, Youth MHFA w/ in-person training @ the Parson's Center in Milford from 10 am - 2:30 pm**
(Blended course w/ 2 hours of online, pre-work and a 4.5 hr. in-person, instructor-led session)
- **May 18th, Monday, Adult MHFA w/ in-person training @ the West Haven Public Library from 10 am - 2:30 pm**
(Blended course w/ 2 hours of online, pre-work and a 4.5 hr. in-person, instructor-led session)
- **June 8th, Monday, Adult MHFA w/ in-person training @ the Parson's Center in Milford from 10 am - 2:30 pm**
(Blended course w/ 2 hours of online, pre-work and a 4.5 hr. in-person, instructor-led session)
- **June 18th, Thursday, Youth MHFA w/ in-person training @ the Milford Library from 10 am - 2:30 pm**
(Blended course w/ 2 hours of online, pre-work and a 4.5 hr. in-person, instructor-led session)

WHO SHOULD BE TRAINED?

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

This training is FREE and open to all individuals that live/work/worship in the towns of Milford, West Haven, Bethany, Orange and Woodbridge.

- Participants must complete 2 hrs. of self-paced, pre-work before attending the Instructor-led portion of the training. Participants must attend the training in its entirety in order to become certified.
- Participants will also be required to complete 1. 'pre' and 'post' surveys, a knowledge check and course evaluation.
- Participants who complete requirements will receive a 3-yr. certificate and CEU hours.
- This training is FREE & all course materials are covered through a Mental Health Awareness Training grant and Bridges Healthcare.

**REGISTER by scanning the QR Code
or using the link: www.BridgesCT.org/MHFA
(scroll down and click on "register now")**



Registration is required. Space is limited.
Questions? 203.878.6365 x519
Contact Erica Skoutas, MHFA Project Director
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Mental Health
FIRST AID
from NATIONAL COUNCIL FOR
MENTAL WELLBEING