

Nearly **1 in 5** U.S. adults lives with a

Mental Illness

National Institute of Mental Health via the National Survey on Drug Use and Health and the Substance Abuse and Mental Health Services Administration

GET CERTIFIED TODAY!



Mental Health First Aid Training

Teaches you how to Identify, understand, and respond to signs of mental illness and substance use disorders.

What It Covers:

- Common signs and symptoms of mental illness and substance use
- Depression, anxiety, and psychosis
- How to interact with a person in crisis
- How to connect the person with help
- How to apply the 5-step action plan in a variety of situations
- Updated content on trauma, addiction, and self-care

Participants will complete a 2-hour self-paced online class before participating in a live instructor led video conference. (You will need access to a web camera)

Mental Health First Aid Training Date

Training will be offered on the following day:

Tuesday, July 25th, 2023 (Virtual/Adult)

Thursday, August 24th (Virtual/Adult)

Tuesday, August 29th (Virtual/Adult)

Training is from
8:30am - 2:30pm

Virtual Trainings on:

zoom

REGISTRATION IS LIMITED

TO REGISTER OR FOR MORE INFORMATION:

818-847-3860

Email

communityhealthteamsfv@providence.org

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