

FREE Virtual Mental Health First Aid Training

What is Mental Health First Aid?

MHFA is an 8-hour certificate training that gives community members the skills to assist someone facing a mental health or substance use crisis. Trainees learn strategies for how to help someone in both crisis and non-crisis situations.

Topics Covered Include:

- Risk factors/warning signs of mental health challenges
- Signs of Depression, Anxiety, Trauma, Psychosis and Substance Misuse Disorders
- The importance of early intervention
- How to connect with professionals and offer support strategies

Virtual Trainings Available:

- Mental Health First Aid
- Youth Mental Health First Aid (for parents/adults who work with youth)

How Virtual MHFA Works:

Completion of two-hours of self-paced, online pre-work then a six-hour, virtual training lead by certified MHFA instructors

Strengthen your community with Mental Health First Aid

Sometimes first aid isn't a bandage or CPR. It's the skills and knowledge to help others in crisis.

For more information contact Jaime Lederer, MSW, MPH, Program Director at jlederer@challiance.org

You will learn how to apply action plans to a variety of crisis situations, including:



Panic attacks



Overdose or withdrawal from substances



Suicidal thoughts or behaviors



Reaction to a traumatic event



Get Trained Today!



MENTAL HEALTH FIRST AID®

SAMHSA
Substance Abuse and Mental Health Services Administration