



Free Mental Health First Aid Training

Understand Mental Illness, Support Timely Intervention, Save a Life

Mental Health First Aid USA is an 8-hour training to teach participants how to help someone who is developing a mental health problem or experiencing a mental health crisis. The evidence behind the program demonstrates that it helps trainees identify, understand and respond to signs of mental illnesses and substance use disorders.

Like CPR, Mental Health First Aid prepares participants to interact with a person in crisis and connect the person with help. First Aiders do not take on the role of professionals — they do not diagnose or provide any counseling or therapy. Instead, the program offers concrete tools and answers key questions, like *“what do I do?”* and *“where can someone find help?”*

Date: Friday, September 16

Time: 8:30 AM - 5:30 PM

Location: Plymouth Town Hall
80 Main Street
Terryville, CT 06786

Instructor: Valerie English Cooper
Community Educator
Mental Health Connecticut, Inc.
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(860)471-6715

Register Online at:

www.mhconn.org/education/mental-health-first-aid