

MENTAL HEALTH FIRST AID

2 FREE Courses Available:

Adult Mental Health First Aid & Youth Mental Health First Aid

These 8 hour training courses will give you basic skills to help adolescents or adults experiencing a mental health problem or mental health crisis.

Takeaways:

- More confidence in providing support to others and advising them to seek professional help
- Ability to identify, understand and respond to signs of depression, anxiety/trauma, psychotic disorders, ADHD, substance abuse disorders and self-harm among adolescents or adults
- Assess your own views and feelings about mental health issues and disorders
- Help stop the stigma attached to mental health disorders

Please join us at any of the following trainings in 2020:

Youth Mental Health First Aid

Monday February 17, 2020, 8:00 am– 5:00 pm

Adult Mental Health First Aid

Tuesday, January 21, 2020, 8:00 am – 5:00 pm

Tuesday, March 17, 2020, 8:00 am – 5:00 pm

Friday, May 15, 2020, 8:00 – 5:00 pm

Training Location:

Butler County Development Room
227 West Cunningham Street,
Butler, PA

To register, mwagner@ccrinfo.org
or call 724-431-3747