



# regionten

## MENTAL HEALTH FIRST AID TRAINING

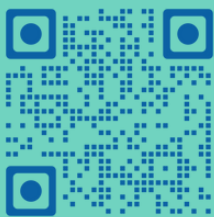
### SCHEDULE (SPRING 2025)

#### ADULT

- **February 20th, 9am-4:00pm**
  - In-Person
  - 500 Old Lynchburg Rd.
- **May 23rd, 9am-4:00pm**
  - In-Person
  - 500 Old Lynchburg Rd.

#### YOUTH

- **March 20th, 9am-3:00pm**
  - In-Person
  - 500 Old Lynchburg Rd.
- **June 27th, 9am-3:00pm**
  - In-Person
  - 500 Old Lynchburg Rd.



Scan the QR code or click on the training date to register!

### ABOUT THE COURSE

Mental Health First Aid is a course that teaches you how to identify, understand, and respond to signs of mental illnesses and substance use disorders. This course can be attended either virtually or in person. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.

### COURSE REQUIREMENTS

Participants will need to complete a 2-hour, self-paced class online BEFORE participating in the Instructor-led class. Details for this will be provided to registrants before the Instructor-led class. This course is offered for free with the support of grant funding.

### CURRICULUM

#### Adult

This course is appropriate for anyone 18 years and older who wants to learn how to help another adult who may be experiencing a mental health related crisis or problem.

#### Youth

This course is primarily designed for adults who regularly interact with young people. It teaches how to help an adolescent (age 12-18) who is experiencing a mental health challenge or is in crisis.

