

Mental Health FIRST AID

Identify. Understand. Respond.

Mental Health First Aid (MHFA) is a nationally recognized skills-based training course that teaches participants about mental health and substance-use challenges.

Attendees will be able to:

- Identify early warning signs
- Initiate conversations about mental health and substance use topics
- Connect youth to appropriate resources

Who should attend?

- ✓ Professionals & employees
- ✓ Educators
- ✓ Caregivers
- ✓ Anyone 18+

Youth Mental Health First Aid

Tues, Sept 29 & Tues, Oct 6
6:30AM - 9:00PM

Location: First Baptist Church
of Wakefield (8 Lafayette St,
Wakefield)

Cost: \$25

SIGN UP HERE



<https://forms.gle/rm9pBSeyxHBS4vQp9>

*Must complete 2 hours of pre work

*Must attend both classes

Certificate recieved upon completion



Mental Health
FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

