

Mental Health First Aid (MHFA) Training



Learn how to support your friends, family, and neighbors by taking Mental Health First Aid (MHFA) training. The trainings are open to anyone and free of charge!

This program will teach you how to recognize, understand, and respond to signs of mental health and substance use challenges in adults. You will gain the skills and confidence needed to offer initial support to those in need and help connect them to appropriate resources.

By the end of the course, you will be able to identify common signs and symptoms of mental health and substance use challenges, interact effectively with someone in crisis, assist in connecting them with help, and utilize self-care tools and techniques.

BILH is pleased to offer this course in collaboration with the following organizations/trainers:

- Stephanie Sunderland, Wayside Youth and Family Support Network
- Maria del Mar Vazquez, PhD

Several dates are available at multiple locations. Refreshments will be provided at all sessions.

Scan the QR Code or register here: <http://tiny.cc/bilh-mhfa>

7.25 Nursing Contact Hours will be awarded for BILH registered nurses (provided for attendance of entire program, not for individual sessions).

Lahey Hospital & Medical Center is approved as a provider of nursing continuing professional development by the American Nurses Association Massachusetts, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

