FULLY FUNDED (FREE)!Mental Health First Aid (MHFA) Training & Certification Courses

Each class limited to 30 participants. CEUs may be available.

Shasta County Health & Human Services Agency

Mental Health FIRST AID
from NATIONAL COUNCIL FOR MENTAL WELLBEING

The Lotus Center

This evidence-based, early-intervention course, uses community-specific scenarios, activities and videos to teach the skills needed to recognize and respond to signs and symptoms of mental health and substance use challenges as well as how to provide initial support until they are connected with appropriate resources.

More than 3 million people in the US have been trained in MHFA by thousands of certified Instructors. Join the next 3 million and be prepared to provide support for those around you who may be experiencing a mental health or substance use challenge by getting certified in MHFA.

Adult Mental Health First Aid

- teaches risk factors and warning signs for adults

- provides strategies for how to help someone in both crisis and non-crisis situations

- gives resources for where to turn for help

- focuses on recovery and resiliency – the belief that individuals experiencing these challenges can and do get better, and use their strengths to stay well

To register, click or scan code below

Wednesday, August 28, 2024	Friday, October 25, 2024	Friday, December 13, 2024
SCAN ME	SCAN ME	SCAN ME

Youth Mental Health First Aid

- designed for adults who regularly interact with young people

- introduces common mental health challenges for youth

- reviews typical adolescent development

- teaches how to help young people in both crisis and non-crisis situations

- includes anxiety, depression, substance use, psychosis, ADHD, eating disorders, and more

To register, click or scan code below

Thursday, September 26, 2024	Wednesday, November 6, 2024
SCAN ME	SCAN ME

All trainings include 2 hours of online pre-work and a 7.5 hour in-person session, from 8:30 - 4:00.

Training location: Shasta College Health Sciences Bldg

1400 Market St. Redding, Room 8220

For more info, call or email Marcia Ramstrom, 530-440-6033, MarciaR@LotusEducationalServices.com