

Mental Health First Aid is an evidence-based course designed to teach adults the skills needed to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care.

The **2-hour online, self-paced session** is to be completed on Mental Health First Aid USA's learning management system prior to taking the instructor-led session.

The **5.5-hour Instructor-led Zoom session** is scheduled with two certified Mental Health First Aid Instructors.

Following the 7.5-hour training, participants will be certifed **Mental Health First Aiders!**

FRIDAY, MAY 7
8:00 am - 2:30 pm
Virtual Online Format

TO REGISTER:
https://bit.ly/3eeZ0Ew

Sponsored by CCH Community Health & Wellness

Chester County MH IDD

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