



Proudly Announces **FREE** Public Training Opportunities

Just as CPR helps you assist an individual having a heart attack, **Mental Health First Aid (MHFA)** helps you assist someone experiencing a mental health problem or crisis. In the **MHFA** course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help.

MHFA-YOUTH: focuses on teaching individuals who work with youth and young adults about the various mental health challenges and disorders which often develop during adolescence and what can be done to help provide support.

Upcoming MHFA-YOUTH training dates:

May 3, 2017	May 8, 2017
9am – 5pm	9am – 5pm
Williamsburg, VA	Hampton, VA

MHFA-ADULT: teaches the public how to recognize symptoms of mental health problems, how to offer and provide initial help, and how to guide a person toward appropriate treatments and other supportive help.

Upcoming MHFA-ADULT training dates:

May 9, 2017	May 10, 2017
8am – 5pm	8am – 5pm
Hampton, VA	Williamsburg, VA

To register for a training email: prevention@colonialbh.org