



GILEAD
COMMUNITY SERVICES, INC
Improving Lives, Building Futures

FREE Mental Health First Aid Training

Mental Health First Aid (MHFA) teaches about recovery and resiliency - the belief that individuals experiencing these challenges can and do get better, and use their strengths to stay well.

Most of us would know how to help if we saw someone having a heart attack - we would start CPR or call 9-1-1. Just as CPR helps you assist an individual having a heart attack, MHFA teaches you how to assist and support others who may be experiencing a mental health or substance use challenge. This course is for everyone - not clinical or prior experience required.

What it covers:

- Common signs and symptoms of mental health and substance use challenges
- How to interact with a person in crisis
- How to connect a person with help
- Expanded content on trauma, substance use, and self-care

The opportunity to practice through role playing, scenarios, and activities makes it easier to apply these skills in a real-life situation.

REMAINING TRAININGS THIS YEAR

November 4th & 18th 8am-12pm

November 7th & 21st 12pm-4pm

November 8th & 22nd 12pm-4pm

December 12th & 13th 12pm-4pm

This is an 8 hour training. Participants must attend both sessions to receive full training.

To sign up for a training, please contact

*Maria Scarlett at 860-638-4942 or
maria.scarlett@middletownct.gov*

