

MENTAL HEALTH FIRST

2 FREE Courses Available:

Adult Mental Health First Aid & Youth Mental Health First Aid

These 8 hour training courses will give you basic skills to help adolescents or adults experiencing a mental health problem or mental health crisis.

Takeaways:

- More confidence in providing support to others & advising them to seek professional help;
- Ability to identify, understand and respond to signs of depression, anxiety/trauma, psychotic disorders, ADHD, substance abuse disorders & self-injury among adolescents or adults;
- Assess your own views and feelings about mental health issues & disorders;
- Help stop the stigma attached to mental health disorders;
- PCB & Act 48 & NASW credits available.

Please join us at any of the following trainings in 2017:

Youth Mental Health First Aid

No Youth scheduled at this time

Adult Mental Health First Aid

Thursday October 26th 8:00am–5:00 pm
Thursday, November 9th 8:00am-5:00pm
Thursday December 7th 8:00am-5:00pm

Training Location:

Butler County Training Center
227 West Cunningham Street, Butler
To register, call 724-431-3747