

FULLY FUNDED!

Mental Health First Aid (MHFA) Training & Certification Course



We all know CPR and what goes in our first aid kits for physical injuries.

But what about first aid for mental health?
If you know at least 3 people, chances are you need a Mental Health First Aid kit.

Register now for one or more of the following trainings to get certified and fill up your kit with the skills you need to identify, understand & respond to someone experiencing a mental health, substance use, or suicide challenge or crisis.

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 the code below

Thursday
August 25th



SCAN ME

Friday
October 28th



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, and eating disorders

To register, click or scan the code below

Friday
September 23rd



SCAN ME

Thursday,
November 17th



SCAN ME

All trainings include 2 hours of online pre-work (the foundational information) and a 7.5 hour in-person session.

8:30 - 4:00

Shasta College

1400 Market St. Redding, Room 8220.