



MENTAL
HEALTH
FIRST AID®

www.MentalHealthFirstAid.org

Virtual Adult Mental Health First Aid



IN RESPONSE TO COVID-19,
**MENTAL HEALTH
FIRST AID**
COURSES TO BE AVAILABLE

VIRTUALLY

- **FREE** training open to all community members
- 2-hour self-paced online prework
- 5.5-hour Instructor-led virtual training (Zoom meeting)

What it covers:

- **Common signs and symptoms of mental illness**
- **How to interact with a person in crisis**
- **How to connect the person with help**

New Curriculum

- **Expanded content on trauma, addiction, and self-care**
- **Sessions limited to 20 people so register early!**

For more information, contact Dr. Susana Rivera Program Director: susana@scan-inc.org or Alexandra Reyes, Training Coordinator: alexandra.reyes@scan-inc.org

Register Online: https://www.scan-inc.org/continuing_education.html

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