



# bridges

## Mental Health First Aid Training

**One-Day Course:  
Wednesday, April 29, 2015**

**8:30 am - 5:00 pm**

**Earn 8 CEUs by  
taking this class!**

\$100 registration fee. Course manual, CEU's and lunch are included.  
Seating is limited to 30 and a minimum of 12 must be registered a week prior to the training or the training will be cancelled.

**Bridges...** A Community Support System, Inc. is offering an internationally recognized training in mental health first aid—an 8-hour certification course to help people in the workplace, at school or in the community better understand mental illness and respond to psychiatric emergencies with the knowledge necessary to be of vital assistance.

### **Who should take Mental Health First Aid training?**

- Primary care professionals
- Employers, human resources professionals and business leaders
- School personnel, nurses and educators
- First-responders, fire, police and corrections officers
- Public transportation providers
- Mental health authorities
- Public officials, policymakers, volunteers, and the general public

### **Registration:**

Contact: Mary Johnson 203-878-6365, ext. 434  
email: [mjohnson@bridgesmilford.org](mailto:mjohnson@bridgesmilford.org)

### **Course description**

Mental Health First Aid is an 8-hour interactive training course designed to give members of the public key skills to help someone who is developing a mental health problem or experiencing a mental health crisis. Similar to CPR training, Mental Health First Aid training helps an individual who doesn't have clinical training assist someone experiencing a mental health crisis.

### **Mental Health First Aiders learn to apply a 5-step action plan to:**

- help someone through a panic attack
- engage with someone who may be suicidal
- support a person experiencing psychosis
- help an individual who has overdosed

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Parson's Complex Milford –  
Board of Education Conference Room

FREE Parking is available in the public lot on Constitution Drive and West Main Street. Enter Door #8 of the Parson's Government Complex and go down one flight of stairs. The conference room is immediately to your right-hand side.