

Free
Training for
Faith-Based
Leaders



Sponsors:

American
Foundation for
Suicide
Prevention

Southwest
Regional Mental
Health Board,
Inc.

Mental Health First Aid



***Free for Faith-Based Leaders
from Southwestern CT!***

Thursday, May 14 & Thursday, May 21

8:30 a.m. – 2 p.m.

St Philip Church (School Hall)

25 France Street, Norwalk

About the Course

Mental Health First Aid (MHFA) is an interactive course that has been recognized by the Substance Abuse and Mental Health Services Administration. It provides skills to recognize and help someone who is developing a mental health problem or experiencing a mental health crisis. As a certified Mental Health First Aider, you will learn:

- The prevalence of mental illnesses in the U.S.
- Warning signs of the most common mental health disorders.
- A five-step action plan to assist an individual in crisis.
- Resources to help someone in distress.

This course is being sponsored by the American Foundation for Suicide Prevention and Southwest Regional Mental Health Board in recognition of Mental Health Awareness Month. Training will be provided by Dawn Roy, LCSW, a certified MHFA instructor since 2009 who has trained hundreds.

Who Should Take the Course

Faith-based leaders who interact with the public, such as ministers, administrators, directors of religious education, and youth group leaders. Participants must attend both days of training in order to receive certification (good for three years).

To register: Contact the Southwest Regional Mental Health Board at (203) 840-1187 or info@swrmhb.org. Space is limited!



**AMERICAN FOUNDATION FOR
Suicide Prevention**