



# Mental Health First Aid Training



August 14<sup>th</sup> and August 16<sup>th</sup>, 2019

11:00 am - 3:00 pm

Participants must attend BOTH sessions.  
A light lunch will be provided.

Training will be held at the Middletown YMCA  
99 Union Street, Middletown CT.  
(Hazen Room)

Mental Health First Aid (MHFA) is an internationally recognized 8-hour certification course that educates the public about mental health issues. Like CPR training for a non-medical professional, MHFA training helps an individual without clinical training assist someone experiencing a mental health crisis.

## Who should take Mental Health First Aid training?

- Parents, employers, human resources professionals and business leaders; school personnel, nurses and educators; front end staff;
- First-responders, fire, police;
- Nonprofit employees;
- Mental health authorities; case managers; primary care professionals
- State policymakers; public officials
- Anyone interested; general public

## Mental Health First Aiders learn the following:

- The prevalence of mental health conditions in the U.S.
- The potential warning signs of the most common mental health disorders
- A 5 step action plan to assist an individual in crisis
- Resources available to help someone with a mental health problem

**MHFA Trainers: Erica Skoutas & Krystle Blake from Rushford**

**Course is FREE. Registration is required.**  
**Open to Middletown residents and employees**  
Includes a 3-year certification, manual, and handouts.

**To register, please call Erica Skoutas at 860-852-1080  
or email [Erica.Skoutas@hhchealth.org](mailto:Erica.Skoutas@hhchealth.org)**

