

Adult MHFA

One in five Americans lives with a mental health problem each year. Yet, far too many – up to two-thirds – go without treatment. Just as CPR training helps someone without medical training assist an individual following a heart attack, Mental Health First Aid (MHFA) training helps a person to assist someone experiencing a mental health crisis. Participants will learn the action principles for responding to someone having a mental health crisis. This is an interactive workshop that introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact, and reviews common treatments.