



Mental Health First Aid

What is Mental Health First Aid?

Mental Health First Aid is a public education program that introduces the risk factors and warning signs of common mental health and substance use disorders, builds understanding of their impact, and reviews support options. The interactive virtual course teaches participants how to offer initial help to an individual who may be experiencing a mental health concern or crisis and connect them to the appropriate professional, peer, social, and self-care resources.

Who should attend?

This community-based education class is open to the public and intended for people interested in increasing their mental health literacy and skills. Anyone working or living in the community will benefit from this interactive class.

Please note, this class may be too basic for those who work in mental health services.

This training is presented by M Health Fairview Community Advancement.

Upcoming virtual trainings via Zoom

Participants MUST complete online, self-paced pre-work before attending the virtual training via Zoom. Participants will receive links to both the self-paced pre-work and following virtual session. CEU's and a certificate will be provided.

Thursday, April 7

8 a.m. – 1:30 p.m.

[Register here!](#)

Tuesday, April 26

8 a.m. – 12:30 p.m.

[Register here!](#)

Thursday, May 12 (Youth Mental Health First Aid)

8 a.m. – 12:30 p.m. (4.5 hours)

[Register here!](#)

Wednesday, June 1

8 a.m. – 1:30 p.m.

[Register here!](#)

Tuesday, June 7

8 a.m. – 1:30 p.m.

[Register here!](#)

Early registration is suggested as space is limited.

Contact Kathryn.taylor@fairview.org with any questions

