

# Mental Health First Aid Training

Friday September 20<sup>th</sup> and Friday September 27<sup>th</sup>, 2013  
EMS Post 0 Ledge Road  
Darien, CT  
9:00-4:00



Mental Health First Aid is a 12-hour certification course given over 2 days that helps individuals and communities better understand mental health issues and respond accordingly to others who may be experiencing distress.

## Who should take Mental Health First Aid training?

- primary care professionals;
- school personnel, nurses and educators;
- first-responders, fire, police and corrections officers;
- nursing home staff;
- employers, human resources professionals and business leaders;
- state policymakers, volunteers, and the general public.

## About the Program

Mental Health First Aid is an interactive 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. Like CPR training helps a non-medical professional assist an individual following a heart attack, 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 the following:

- The prevalence of mental illnesses 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.

## About the Instructor

Dawn Roy, LCSW is in private practice in Fairfield, CT serving the mental health needs of the community. Ms. Roy has been a MHFA instructor since 2009 providing over 30 MHFA training courses throughout Fairfield County.

**Seating is limited to the first 30 registrants**

**To register or for more information contact Dawn Roy at 203-331-7458 or [ladyroy@earthlink.net](mailto:ladyroy@earthlink.net)**

**Course fee: \$100 per person**

**Includes 3 year certification in MHFA, 2 day training, MHFA manual, handouts and certificate.**

**Attendees must attend both days in order to receive certification.**