



# Free Mental Health First Aid Training

## Understand Mental Illness, Support Timely Intervention, Save a Life

Mental Health First Aid is an 8-hour training to teach participants how to help someone who is developing a mental health problem or experiencing a mental health crisis. The evidence behind the program demonstrates that it helps trainees identify, understand, and respond to signs of mental illness and substance use disorder.

Like CPR, Mental Health First Aid prepares participants to interact with a person in crisis and connect the person with help. First Aiders do not take on the role of professionals—they do not diagnose or provide any counseling or therapy. Instead, the program offers tools and answers questions, like *“what do I do”* and *“where can someone find help?”*

**Date:** July 31 & August 2, 2018 (Tues./Thurs.)

**Time:** 5:00-9:00PM

**Location:** Torrington Area Health District  
350 Main Street  
Torrington, CT 06790

**Instructor:** Valerie English Cooper  
Community Educator  
Mental Health Connecticut, Inc.  
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Register Online at:

[www.mhconn.org/education/mental-health-first-aid](http://www.mhconn.org/education/mental-health-first-aid)