



# TORRINGTON AREA HEALTH DISTRICT

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*“Promoting Health & Preventing Disease Since 1967”*

**FOR IMMEDIATE RELEASE**  
**February 5, 2018**

**Contact: Valerie English Cooper**  
**Community Educator**  
**Mental Health Connecticut, Inc.**  
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**Free Mental Health First Aid Training**  
**2 Day Course -March 27 & 29 (Tues./Thurs.,5:30-9:30PM)**  
**Torrington Area Health District, 350 Main St., Torrington, CT 06790**  
**To register, visit [www.mhconn.org/education/mental-health-first-aid](http://www.mhconn.org/education/mental-health-first-aid)**

Like CPR, Mental Health First Aid 8-hour certificate training prepares community members with tools to interact with a person in crisis and connect the person with help. First Aiders do not take on the role of professionals and do not diagnose or provide therapy; instead, the program offers concrete tools and answers questions about what to do and where someone may find help.

According to Robert Rubbo, Director of Health, Torrington Area Health District’s goal is to promote and to protect the physical and environmental well-being of the citizens of the TAHD through direct services, wellness and promotion programs and community efforts. We are happy to sponsor this much-needed education to the public. Mental Health First Aid gives community members the tools they need to help someone who’s struggling and eliminates the misconceptions that act as barriers to seeking help and treatment. “

Mental health disorders are common: In any given year, 1 in 5 Americans has a mental illness. And at some point in our lifetime, half of us will struggle with a mental health disorder.

“Our goal, and the goal of the Federal Government expressed both through bipartisan funding of trainings nationwide and by the Mental Health Reform Act of 2016, is clear,” says Mental Health First Aid instructor Valerie English Cooper, **“Let’s make Mental Health First Aid as common as CPR”**.

Available in the US for ten years and managed by the National Council for Behavioral Health, one million First Aiders have been trained to date in the U.S. Mental Health First Aid is included in SAMHSA’s Registry of Evidence-Based Programs and Practices and is overseen by the National Council for Behavioral Health. For more information, contact Valerie English Cooper at [venglishcooper@mhconn.org](mailto:venglishcooper@mhconn.org), (860)471-6715, or visit [www.mhconn.org/education/mental-health-first-aid](http://www.mhconn.org/education/mental-health-first-aid).



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