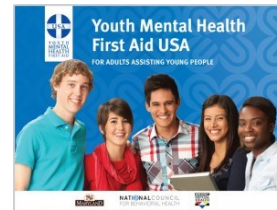


Mental Health First Aid

**There are two types of Mental Health First Aid courses — Adult and Youth.
Find out which course is best for you!**

*Both Adult and Youth Mental Health First Aid courses are 8 hours long and feature hands-on activities and practice, ALGEE the 5-step **action** plan, an overview of local mental health resources, and a resource manual packed with information on topics covered in the course.*



Adult Mental Health First Aid

- Adult Mental Health First Aid is appropriate for anyone 16 years and older who wants to learn how to help an adult who may be experiencing a mental health crisis or problem.
- Topics covered include anxiety, depression, psychosis, and addictions.
- Includes a module specifically designed for veteran populations.

Youth Mental Health First Aid

- Youth Mental Health First Aid teaches parents, teachers, peers, health & human services workers, and others how to help an adolescent (age 12-18) who is experiencing a mental health challenge or crisis.
- Topics covered include youth anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including ADHD), and eating disorders.

**For more information or to schedule a training contact
Tricia Harrity at (203) 758-1110 x11 or pharrity@nwctahec.org**

**Due to grant funding provided by the Newtown-Sandy Hook Community Foundation,
there is no cost to participate in the training**

Support generously provided by



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