



## **YOU DON'T HAVE TO BE AN EXPERT TO KNOW HOW TO HELP**

Mental Health First Aid (MHFA) is an evidence-based training program administered by the National Council for Mental Wellbeing that teaches you how to identify, understand and respond to signs of mental health and substance use challenges.

The training gives you the skills to reach out and provide initial help and support to someone who may be developing a mental health or substance use challenge or experiencing a crisis. More than 2.6 million people across the United States have been trained in MHFA by a dedicated base of more than 15,000 Instructors.

### **What it covers**

- Common signs and symptoms of mental health challenges.
- Common signs and symptoms of substance use challenges.
- How to interact with a person in crisis.
- How to connect a person with help.
- Expanded content on trauma, substance use and self-care.

### **How & when is the course presented**

- Blended Learning Experience – Learners complete a self-paced online course (pre-work) and participate in a live instructor-led training.
- In-person training is on **Tuesday April 22, 2025, from 8:45 a.m. to 4:30 p.m.**
- Location at CW office: **2222 Lakeshore Drive, New Orleans, LA 70122.**
- Light breakfast and lunch provided.
- Fee: NO COST TO YOU

### **A few important deadlines**

- Sign up for the class by March 3<sup>rd</sup>.
- Set up MHFA Connect Account online by March 17<sup>th</sup>.
- Sign up for optional pre-work clinic by April 1<sup>st</sup>. Contact Vanessa 504-593-2348.
- Optional pre-work clinic at CW office on April 8<sup>th</sup> (anytime between 10:00-2:00).
- Pre-work must be completed online by April 16<sup>th</sup>
- Note: You will need a PC, laptop or tablet to complete pre-work.