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# Mental Health First Aid

**A workshop series for Students, Faculty,  
and Staff**

Mental Health First Aid is an internationally recognized training program that will provide:

- An overview of mental health disorders
- How to recognize risk factors and warning signs of mental health problems
- How to utilize practical tools to provide initial help to individuals experiencing mental health problems.

**The training consists of two 4-hour workshops (with 30 minute break for lunch). Completion of both workshops will make you eligible for MHFA certification!\*\***

Each of the two workshops will cover specific mental health disorders.

The schedule is as follows:

<p><b><u>Friday, March 24, 10am-2:30pm</u></b> -Overview of Mental Health Problems -Using Mental Health First Aid for Depression, Anxiety, Suicidal Behavior and Non-Suicidal Self-Injury <b>HSS 153</b></p>	<p><b><u>Friday, March 31, 10am-2:30pm</u></b> -Using Mental Health First Aid for Panic Attacks, Traumatic Events, Psychosis, and Substance Use Disorders <b>HSS 153</b></p>
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**\*\*If you attend both workshops, you will be eligible to earn a certificate in Mental Health First Aid and receive a Mental Health First Aid manual that you can take home and use for future reference.**

Please RSVP to Alison Brown, [brown\\_alison@smc.edu](mailto:brown_alison@smc.edu) to reserve your spot. Seating is limited to 30 participants.