

# Mental Health First Aid Training

- Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis. In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help.
- If you'd like to learn more about what this training is or get more info, you can check it out here: <https://www.mentalhealthfirstaid.org/take-a-course/what-you-learn>.
- If you would like to sign up for it, you can do so here: <https://necchurch.churchcenter.com/registrations/events/1279689>.
- There are several different dates to choose from.
- We will pay for the training...you can either pay for it yourself and then get reimbursed...or, you can provide us with the date you want to attend, and we can sign you up.