



# YOUTH MHFA



## *Virtual Sessions* *September 12th or 30th*

Meets Virtually on Zoom from 10-3:30 PM

### **YOUTH** Mental Health First Aid National Certification Training

These training are being provided at **NO COST TO PARTICIPANTS**, thanks to a grant from the Boca Raton Regional Hospital Foundation. Just as CPR helps you assist an individual having a heart attack — even if you have no clinical training, [Mental Health First Aid](#) helps you assist someone experiencing a mental health challenge or 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. A self-paced 2-hour online overview prepares the participant for a live, instructor guided 5.5-hour interactive learning session. Completion provides participants with a 3-year Certification from the National Council for Behavioral Health. Info online at:

#### What You Learn:

- ✓ Signs of stress, mental illness and addictions
- ✓ Impact of mental and substance use disorders
- ✓ 5-step action plan to assess a situation and provide help
- ✓ Local resources and where to turn for help

<https://www.bocaratonspromise.org/mental-health-first-aid>

Taught by nationally certified instructors, [Mental Health First Aid](#) teaches about **recovery** and **resiliency** – the belief that individuals experiencing challenges can and do get better, and use their strengths to stay well. Participants age 18+.

**Registration and information are available by contacting**  
**[MHFA@BRPromise.org](mailto:MHFA@BRPromise.org) or**  
**calling 561-715-0447.**



**Boca Raton Regional  
Hospital Foundation**

**BAPTIST HEALTH SOUTH FLORIDA**