



Mental Health First Aid Training

If you saw someone teetering on the edge of a train platform,
ready to jump in front of an oncoming train —



For Hilda Marie there was no question.
She turned to the skills she
learned in her mental health first aid training.

Identify. Understand. Respond.

Mental Health First Aid is a 8-hour skills-based training course that teaches participants about mental health and substance-use issues.

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.

Topics Covered

- ✧ Depression and mood disorders
- ✧ Anxiety disorders
- ✧ Trauma
- ✧ Psychosis
- ✧ Substance Use disorders

Register for a free 8-hour class: primarycarecoalition.org/mhfatraining

Contact us: pcc.mhfa@gmail.com | (301) 628 - 3437

CEU for LCSW-C and LCPC