

MHFA | Mental Health & First Aid Training

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RECURRING COMMUNITY EVENT SERIES

WHAT YOU'LL LEARN:

- Common signs and symptoms of mental health challenges.
- How to interact with a person in crisis.
- How to connect a person with help.
- Additional information about trauma, substance abuse and self-care will be discussed

WHY ATTEND?

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.

This program is offered in English & Spanish for adult residents of Greater Third Ward, Greater Fifth Ward or Kashmere Gardens. It is a full-day, instructor-led event scheduled for 8 hours and includes lunch and breaks.

Participants are provided a copy of the MHFA booklet which includes information on mental health and mental health first aid and will receive a certificate on completion of the course.

Limited spots available!
Don't miss out, secure
your spot today.

Questions and Registration:

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