MENTAL HEALTH FIRST AID CERTIFICATION TRAINING

best|self BEHAVIORAL HEALTH

NAMI National Alliance on Mental Illness Buffalo & Western New York

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

WHAT:

8- hour certification training that teaches you common signs and symptoms of mental health and substance use challenges; how to interact with a person in crisis; how to connect a person with help; and content on trauma, substance use, and self-care.

The Youth training is for ADULTS THAT ENGAGE WITH YOUTH. The evidenced-based training teaches how to identify, understand, and response to signs of mental health and substance use challenges among children and adolescents ages 12-18.

TO REGISTER OR FOR INFORMATION,
CALL (716) 226-6264 TODAY!

WHEN:

YOUTH TRAINING

Saturday, February 10
Saturday, April 13
Saturday, June 1

STANDARD TRAINING

Saturday, March 9
Saturday, May 4
Saturday, August 3

WHO:

- Teachers
- School staff
- Coaches
- Camp counselors
- Youth group leaders
- Parents
- People who work with youth
- Family Members
- Employers
- Police Officers
- Hospital Staff
- First Responders
- Caring Individuals

WHERE:

TIME
9:00AM - 5PM (Lunch is provided)

LOCATION
Best Self Behavioral Health, Inc.
768 Delaware Ave.
Buffalo, NY 14209

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716-226-6264