

FREE Blended Adult Mental Health First Aid Training

What is Mental Health First Aid?

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults. The course covers common signs of mental health and substance use challenges, how to interact with a person in crisis, how to connect a person to help, and reviews topics such as trauma and self care.



\$170 Value!

This training is made available at no cost to community members who work and/or live in Portage County through a mental health awareness training grant awarded to the Mental Health and Recovery Board of Portage County from the Substance Abuse and Mental Health Services Administration (SAMHSA).

Tuesday, December 3, 2024

8:30am- 4:00pm

**Portage County Emergency
Management Agency**

2978 OH-59, Ravenna, OH 44266


This is a blended Adult Mental Health First Aid Training. First Aiders will complete a 2-hour, self-paced online course, and then participate in a 7-hour, Instructor-led in-person training. Participants need to be present for the entire training and will be provided with breaks.

Registering for the training

- Register for the training using QR Code
- Look for an email regarding your access to the Mental Health First Aid Connect Portal
- Complete the Pre-Work (2-hour self-paced course) prior to the training

For questions, please contact the Mental Health and Recovery Board of Portage County.

 mhrbpc@mental-health-recovery.org

 **330-673-1756**