

Course: Mental Health First Aid

Montefiore Hudson Valley Collaborative (MHVC) is hosting Mental Health First Aid training in 2019. Mental Health First Aid is an 8-hour course that teaches you how to help someone who may be experiencing a mental health or substance use challenge. The training helps you identify, understand and respond to signs of addictions and mental illnesses.

About this course:

Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid helps you assist someone experiencing a mental health or substance use-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.

When you take a course, you learn how to apply the Mental Health First Aid action plan in a variety of situations, including when someone is experiencing:

- Panic attacks
- Suicidal thoughts or behaviors
- Nonsuicidal self-injury
- Acute psychosis (e.g., hallucinations or delusions)
- Overdose or withdrawal from alcohol or drug use
- Reaction to a traumatic event



The opportunity to practice — through role plays, scenarios, and activities — makes it easier to apply these skills in a real-life situation.

Training Information

Date	Time	Location	Presenter	Registration Deadline
<i>Two (2) days</i> Jan 28 & 29, 2019	10:00 AM – 3 :00 PM	Mt Vernon, NY	Eileen Butler / Adyna Gamboa	Jan 24, 2019
Feb 25, 2019	8:30 AM – 5:00 PM	Tarrytown, NY	Adyna Gamboa	Feb 21, 2019
<i>Two (2) days</i> Mar 21 & 22, 2019	10:00 AM – 3 :00 PM	Cornwall, NY	Adyna Gamboa	Mar 15, 2019
Apr 18, 2019	8:30 AM – 5:00 PM	Tarrytown, NY	Adyna Gamboa	Apr 15, 2019
June 13, 2019	8:30 AM – 5:00 PM	Yonkers, NY	Adyna Gamboa	June 10, 2019
<i>Two (2) days</i> July 25 & 26, 2019	10:00 AM – 3 :00 PM	Cornwall , NY	Adyna Gamboa	July 22, 2019
Oct 18, 2019	8:30 AM – 5:00 PM	Tarrytown, NY	Adyna Gamboa	Oct 15, 2019

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