

Course: Mental Health First Aid (Adult)

Montefiore Hudson Valley Collaborative (MHVC) is hosting Mental Health First Aid training in 2020. 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 (Adult) 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	Presenters	Registration Deadline
March 12, 2020	8:30 AM –5:30 PM	Yonkers, New York	Jasmine Cruz & Daniel Fontanez	Mar 9, 2020

More dates are to come. Please visit [LearnerCentral](#) for future dates.

[Click here to REGISTER](#)