



“Free Mental Health First Aid Training”

Presented by Greenwoods Counseling Referrals, Inc.

Understand Mental Illness, Support Timely Intervention, Save a Life

Mental Health First Aid is an 8-hour training to teach participants how to help someone who is developing a mental health problem or experiencing a mental health crisis. The evidence behind the program demonstrates that it helps trainees identify, understand, and respond to signs of mental illness and substance use disorder.

Like CPR, Mental Health First Aid prepares participants to interact with a person in crisis and connect the person with help. First Aiders do not take on the role of professionals—they do not diagnose or provide any counseling or therapy. Instead, the program offers tools and answers questions, like *“what do I do”* and *“where can someone find help?”*

Date: April 10th & 12th, 2018

Time: 3:30 PM - 7:30 PM

Location: Greenwoods Counseling Referrals, Inc.
St. Michael’s Community House
23 South Street, Litchfield, CT 06759

To Register: please RSVP to Michele Sonnati at (860) 567.7724
or via email at msonnati@greenwoodsreferrals.org

Instructor: Valerie English Cooper, Mental Health Connecticut

This program has been approved for 8 Continuing Education Credit Hours by the National Association of Social Workers, CT and meets the continuing education criteria for CT Social Work Licensure renewal.