LEARN HOW TO SUPPORT YOUR FRIENDS, FAMILY & CO-WORKERS

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. This training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care. It focuses on the unique experiences and needs of first responders/law enforcement and is a valuable resource that can make a difference in their lives, their coworkers’ and families’ lives, and the communities they serve.

AFTER THE COURSE, YOU’LL BE ABLE TO:

- Recognize common signs and symptoms of mental health challenges.
- Recognize common signs and symptoms of substance use challenges.
- Understand how to interact with a person in crisis.
- Know how to connect a person with help.
- Use self-care tools and techniques.

REGISTER TODAY! Email

lives@seymourems.org

Friday June 16th, 2023 from 8:30-4 pm

Location: Seymour Ambulance
Lee Ives, Training Coordinator
Seymour Ambulance Assoc.
4 Wakeley Street
Seymour, CT 06483
(203) 888-8843 ext 4
(203) 982-9130 cell
(203) 881-5018 Fax

FREE Course (2-hour self-paced, on-line pre-work course followed by a 6-hour, LIVE Training In Person

Refreshments will be provided by Seymour Ambulance. This training is sponsored by the Terry Farrell Foundation

Connecticut Department of Public Health Approved EMS Continuing Education for 8 CME hours CT F4-101