

MENTAL HEALTH FIRST AID

DESCRIPTION

Mental Health First Aid for Adults teaches people how to recognize signs of mental health or substance use challenges in adults ages 18 and older, how to offer and provide initial help, and how to guide a person toward appropriate care if necessary. Topics covered include anxiety, depression, psychosis, and substance use disorder.

TRAINING FORMAT

- **Independent online learning followed by a 5-hour virtual workshop**
- **Register via registration link below for your preferred virtual workshop**
- **Registered participants will receive instructions and login credentials for the self-paced portion no later than one week prior to virtual session**
- **Self-Paced portion of the course MUST BE COMPLETED to be admitted into the workshop**

**September Dates for instructor-led virtual workshop
from 9am-2:30pm: 9/1, 9/8, 9/15, 9/22**

REGISTER **HERE**

If you have any questions please Contact us at: marylandrota@umd.edu

Funded by Substance Abuse and Mental Health Services Administration. Rural Opioid Technical Assistance Grant #H79T108256
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YOUTH MENTAL HEALTH FIRST AID

DESCRIPTION

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

TRAINING FORMAT

- **Independent online learning followed by a 5-hour virtual workshop**
- **Register via registration link below for your preferred virtual workshop**
- **Registered participants will receive instructions and login credentials for the self-paced portion no later than one week prior to virtual session**
- **Self-Paced portion of the course MUST BE COMPLETED to be admitted into the workshop**

**Instructor-led Virtual Workshop
September 17, 2020 - 9am-2pm**

Register [HERE](#)

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