



National Alliance on Mental Illness

NAMI Greater North Shore

617-984-0504 www.namigreaternorthshore.org

Free MHFA Training 5/10/24

As part of a national initiative to increase Mental Health Literacy, NAMI Greater North Shore invites you to participate in a **free Mental Health First Aid Training** facilitated by Certified Mental Health First Aid trainer, Kathleen Bartolini on 5/10/24, 9am-4:30pm in C204, C/Spurk Building, 100 Elliott Street Haverhill, MA 01830.

Mental Health First Aid teaches participants how to identify, understand and respond to signs of mental illness and substance use disorders. Just as CPR helps those without medical training to assist an individual having a heart attack, Mental Health First Aid prepares participants to help someone developing a mental health problem or experiencing a mental health crisis. Developed by the National Council on Behavioral Health, Mental Health First Aid has become a well known movement in the United States—more than 1 million people are certified Mental Health First Aiders, and that number is growing every day.

Course materials are provided. You must be able to commit to the full training program, (one training day 9am-4:30pm), plus two hours of self-paced online pre-work, in order to become nationally certified as a Mental Health First Aider.

Upon completion of the course participants will:

- Have an increased ability to identify risk factors and warning signs of mental health and substance use problems.
- Possess information on depression, anxiety, trauma, psychosis and substance use.
- Be able to implement a 5-step action plan to help someone who is developing a mental health problem or is in crisis.
- Know available evidence-based professional, peer and self-help resources

Scan QR Code to register. Email csadkowski@yahoo.com for more information.

