

# Mental Health First Aid

## TWO PART VIRTUAL TRAINING

Trainer Julie Cook (Sheppard Pratt)  
Hosted by the Center For Counseling & Well-being

**TUES &  
WED**

**SEPT 8 & 9**

**9 AM - 12PM**

**\*YOU MUST ATTEND BOTH SESSIONS FOR CERTIFICATION**  
**\*TWO HOUR PRE-COURSE WORK**

### WHAT YOU'LL LEARN:

- How to identify, understand and respond to signs of mental illnesses and substance use disorders.
- The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.

### WHY ATTEND?

## Earn a certificate of completion

Essential skills for everyone – no prior experience needed!

**PRE REGISTER USING THE QR CODE**



**SEPT 8 & 9**



**The Universities**  
AT SHADY GROVE

Center for Counseling  
& Well-being

**Hire**

