

Take Control of Your Future

EARN A MENTAL HEALTH FIRST AID CERTIFICATION

According to the Anxiety and Depression Association of America (ADAA), depression is the leading cause of disability in the United States, affecting more than 16.1 million adults, 18 years or older. Mental Health First Aid (MHFA) training teaches you how to identify signs of mental health distress, or substance use issues. It will help you understand people's challenges or crises, and show you how to respond effectively, and provide assistance until professional treatment is obtained.

People who provide Mental Health First Aid want to make their communities healthier, happier and safer for all. The following professionals should consider becoming certified:

- Educators/School Administrators
- Human Resources Professionals
- Members of Faith Communities
- Homeless Shelter Workers
- Nurses/Physician Assistants/Primary Care Workers
- Police/First Responders/Security Personnel
- Mental Health Authorities
- Policymakers
- Substance Abuse Professionals
- Social Workers

COURSE INFORMATION

Students will be taught how to help others with mental health and/or substance abuse emergencies. Those who successfully complete the course will possess the important tools needed to identify and respond to signs of addictions and mental illnesses. They also will be taught a five-step action plan to help people who may be developing a problem or are already in a crisis. Assessing people's risk of harm or suicide, listening nonjudgmentally, giving reassurance and information, encouraging appropriate professional help, and encouraging self-help and other supporting strategies are an essential part of this course.

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Students must complete a two-hour online pre-work activity which will be followed by an instructor-led six-hour remote virtual class via Zoom videoconferencing. Each student will have access to a downloadable text, ***Mental Health First Aid***. Remote link will be provided.

CERTIFICATION

Students who successfully complete the course will receive a Mental Health First Aid Certification. This credential will improve a student's ability to provide support to someone experiencing a mental health crisis and increasing her/his employability in their field of interest.

Textbook is included.

Instructor: Sandra Ouedraogo

CE1 267 R1 Meets: Saturday, July 10, 2021, 9:00am - 3:00pm. ONE-DAY WORKSHOP.

A half hour break will be provided. Deadline to register is Friday, June 25th.

Fee: \$145

For onsite group trainings, please contact the Center for Workforce Development at (516) 572-7487 or cwd@ncc.edu.