

# FULLY FUNDED (FREE)!

## Mental Health First Aid (MHFA) Training & Certification Courses



Just as CPR helps you assist an individual having a heart attack, MHFA helps you assist someone experiencing a mental health or substance use-related crisis. In this course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help.

Each class limited to 30 participants. CEUs may be available.

### Adult Mental Health First Aid

- teaches risk factors and warning signs for adults
- provides strategies for how to help someone in both crisis and non-crisis situations
- gives resources for where to turn for help
- focuses on recovery and resiliency – the belief that individuals experiencing these challenges can and do get better, and use their strengths to stay well

To register, click or scan code below

Thursday, February 8, 2024



### Youth Mental Health First Aid

- designed for adults who regularly interact with young people
- introduces common mental health challenges for youth
- reviews typical adolescent development
- teaches how to help young people in both crisis and non-crisis situations
- includes anxiety, depression, substance use, psychosis, ADHD, eating disorders, and more

To register, click or scan code below

Friday, March 8, 2024



All trainings include 2 hours of online pre-work (the foundational information) and a 7.5 hour in-person session, from 8:30 - 4:00.

Training location: Shasta College Health Sciences Bldg  
1400 Market St. Redding, Room 8220

For more info, call or email Marcia Ramstrom, 530-440-6033, [MarciaR@LotusEducationalServices.com](mailto:MarciaR@LotusEducationalServices.com)