

**Sign Up for a Free
Mental Health First Aid Training**

26 Federal Plaza
6th Floor Conference Area
New York, NY 10278
Thursday, July 12, 2018
9:00am-5:00pm

Register Here: www.hrsa.timetap.com

***Detailed directions to the training site will be sent out just before the date.**

What is Mental Health First Aid Training?

- Mental Health First Aid is a national program that teaches individuals how to **identify, understand, and respond** to signs of mental illness and substance misuse.
- The **8-hour training** provides **the skills to provide initial support** when someone nearby experiences a mental health crises.
- The training covers topics including: post-traumatic stress, safety, depression, anxiety, psychosis, bipolar disorder, and substance use.
- Serves non-clinicians who want to learn how to support community by being informed about mental illness and substance misuse.

Why Should I Sign Up?

- At least **1 in 5** New York City Adults is likely to experience a mental health disorder in any given year. In order to build a more supportive and inclusive community it's important to know how to **respond in a crisis**.

For More Information Visit:

www.nyc.gov/mhfa