



**Mental Health FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING

# MENTAL HEALTH FIRST AID

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## TRAINING DATE

**Monday, May 8**  
**9:00 am - 5:00 pm**  
**Where: AD 2.216**  
**Register [Here](#)**



*\* Only 30 seats available!*  
*Lunch will be provided.*  
*Must attend the whole training.*  
*Supervisor approval is needed.*

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders.

This training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care.

**Be a Mental Health First Responder.**

*The course does not teach how to diagnose, or how to provide any therapy or counseling. Participants learn an action plan to support someone developing signs and symptoms of mental illness or in an emotional crisis.*

**For more information, contact:**  
**Taylor.Tran@utdallas.edu**



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Training presented by: LifePath Systems ([www.lifepathsystems.org](http://www.lifepathsystems.org))

**ANYONE.  
ANYWHERE.**  
CAN MAKE A DIFFERENCE.



**BE THE #1 TO MAKE A DIFFERENCE**



[WWW.MENTALHEALTHFIRSTAID.ORG](http://WWW.MENTALHEALTHFIRSTAID.ORG)