

# MENTAL HEALTH FIRST AID

Join us for a free training

Hello,

We are excited to extend an official invitation to participate in the virtual Mental Health First Aid Training program.

Mental Health First Aid teaches us to identify, understand and respond to signs of mental illnesses and substance use disorders. This training gives us the skills we 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 with appropriate care.

## Mental Health First Aid will Cover:

- Common signs and symptoms of mental illness and substance abuse.
- How to interact with a person in crisis.
- How to connect the person with help.

**In order to be certified, you will be required to complete two hours of self-paced online pre-work and a six-hour instructor led virtual (Zoom) session\*.**

\* Pre-work must be completed **3 days in advance** of the virtual session. You will not receive an invitation to the Zoom meeting if pre-work has not been completed.

Participants who complete the training will receive a MHFA Certification, which is good for 36 months.

## Questions? Email

[ColoradoWellness@cigna.com](mailto:ColoradoWellness@cigna.com) for further information.

For more information on Mental Health First Aid visit [mentalhealthfirstaid.org](http://mentalhealthfirstaid.org).



## Available Dates:

August 11, 2021  
October 13, 2021  
December 8, 2021

## Time:

9:00am - 3:00pm

**Space is limited.**

**Please RSVP to**

[ColoradoWellness@cigna.com](mailto:ColoradoWellness@cigna.com)