



Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING

2025 Dates

Thursday, January 30th

8:30am – 2:30pm

(Additional Dates to be added TBD)



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

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 Topics:

- Depression and mood disorders
- Anxiety disorders
- Trauma
- Psychosis
- Substance Use disorders

To be certified, you will be required to complete two hours of self-paced online pre-work and a six-hour instructor led virtual session*.

Email: ColoradoWellness@Cignahealthcare.com to register.

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

