



# Mental Health First Aid Training



**What is this training about?** The Mental Health First Aid training is an 8 hour evidence based program that introduces participants to risk factors and warning signs of mental illnesses, builds understanding of their impact, and overviews common ways to help and find support. Using interactive educational methods, you'll learn how to offer initial help in a mental health crisis and how to connect with the appropriate level of care. You will also receive a list of community healthcare providers and national resources, support groups, and online tools for mental health and addictions treatment and support.

**Why attend?** In Delaware our agriculture community is facing many stressors. Those who are in the position to consult and aid them need to know the signs, symptoms and strategies to best serve them. Farm family members also need to know how best to help their loved ones.

**A certificate of completion is provided to attendees who attend all 8 hours of the training.**

### Two Types of Mental Health First Aid Training Offered:

**Adults working with Adults** – this training focuses on signs, symptoms and support strategies for adults experiencing mental health disorders. This training is being taught by instructors from the Delaware Mental Health Association.

Date	Time	Location	Town
March 19th	9am-5pm	Carvel Research & Education Center	Georgetown
April 23rd	9am-5pm	Milford Library	Milford
May 28th	9am-5pm	Paradee Center	Dover
June 18th	9am-5pm	Farm Services Agency	Dover

**Adults working with Youth** - This training focuses on signs, symptoms and support strategies for youth experiencing mental health disorders. The training is taught by Certified Mental Health First Aid instructor from the National Alliance on Mental Illness in Delaware (NAMI Delaware).

Date	Time	Location	Town
May 11th and 18th	8:30am – 1pm	Paradee Center	Dover
June 9th and 11th	10:00 am – 2:30	Carvel Research & Education Center	Georgetown

**Cost for the Training:** is \$10/person\*. This covers course materials and, depending on the date of training, a light lunch and/or refreshments. In addition, this training is underwritten by the Sustainable Coastal Communities Project, Delaware Farm Bureau and University of Delaware Cooperative Extension

**For more Information and to register go to: [www.udel.edu/extension/mhfa](http://www.udel.edu/extension/mhfa)**

\*Scholarships and support for special needs can be provided. For more info, contact Maria Pippidis, Extension Educator, University of Delaware Cooperative Extension, [pippidis@udel.edu](mailto:pippidis@udel.edu) or 302-831-1239.

These organizations are an equal opportunity providers.