



When: February 26, 2021

Dates: 9:00AM-3:30PM

Where: Zoom Virtual Training (+ 2-Hr Online Pre-Training Required)

Cost: \$50 includes manual and certification

Contact & Registration: Elizabeth Golden, LMFT (607) 261-0919

Mental Health First Aid is an 8-hour certificate course that teaches participants skills in how to reach out and respond to signs of developing mental health and substance use problems. The skills taught to first-aiders can provide initial help and support to combat Veterans and those affiliated with Military who may be developing a problem or experiencing a crisis. An evidence-based training, Mental Health First Aid is managed by the National Council for Behavioral Health. (www.mentalhealthfirstaid.org/veterans-military)



This training is sponsored by
Tompkins County Office for the Aging,
Department of Veterans Services