



Many people report they...

- Are not well informed about mental health problems or
- Do not know how to respond to someone experiencing one

Mental Health First Aid USA is an 8-hour training that helps participants identify, understand and respond to signs of mental illnesses and substance use disorders.

## Trinity Episcopal Church (55 River Road, Collinsville, office 860-693-8172) and Wheeler Clinic invite you to a free training October 22 & 29, 2016, 9 a.m. to 1 p.m. both days at Trinity Episcopal Church

Similar to traditional First Aid and CPR, Mental Health First Aid is the initial help offered to a person developing a mental health problem or experiencing a mental health crisis. The first aid is given until appropriate treatment and support are received or until the crisis resolves.

When you participate in the Mental Health First Aid training you will learn:

- Risk factors and warning signs of mental health and substance use problems
- Information on depression, anxiety, trauma, psychosis and substance use
- A 5-step action plan to help someone with a mental health crisis or challenge
- Available evidence-based professional, peer and self-help resources

Once you have completed this training, you will be prepared to:

- Promote understanding and reduce stigma about mental health challenges
- Recognize the signs and symptoms that indicate that someone needs help
- Help people experiencing mental health challenges get the help they need and provide hope for recovery

Sign up today to be informed, know what to do and become a Mental Health First Aider!  
The training is FREE. Pre-registration is required.

**Register here [www.MHFATrinityEpiscopalChurch.org](http://www.MHFATrinityEpiscopalChurch.org) or call 860.793.4652  
for more information and to register**

This training is offered Free of Charge through Wheeler Clinic's "Community Support for Transition Aged Youth" initiative targeting organizations and individuals working with young people ages 18 to 24, funded by a Substance Abuse and Mental Health Services "Project Aware" grant in partnership with the Connecticut Department of Mental Health and Addiction Services.