

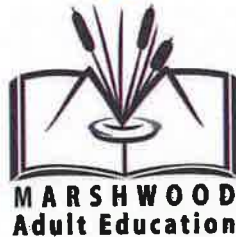
Mental Health First Aid

COST-COVERED SKILLS-BASED CERTIFICATION TRAINING

BROUGHT TO YOU BY:



Mental Health
Recovery
Education



Weds. April 29th 2026

8:00am - 4:00pm

TRAINING VENUE PROVIDED BY:



KITTERY

COMMUNITY CENTER
The art of active living.

120 Rogers Road, Kittery ME

Click Here or Scan to Register



**Mental Health
FIRST AID**

from NATIONAL COUNCIL FOR
MENTAL WELLBEING



OPEN TO ALL WHO LIVE OR WORK IN MAINE
TRAINING PARTICIPANTS MUST BE 18 YEARS OR OLDER

What is MHFA?

- Evidence-based, non-clinical mental health awareness & crisis intervention training for general adult audiences
- Developed by the *National Council for Mental Wellbeing*, supported by the *Substance Abuse & Mental Health Services Administration (SAMHSA)*, taught by Certified MHFA Instructors from Sweetser
- Course completion grants 3-year *Mental Health First Aider* certification + 7.5hr Professional Development credit

Learn How To:

- **Recognize signs & symptoms** of mental health and substance use challenges in others
- **Respond to & support** adults facing mental health and substance use challenges
- **Intervene & de-escalate** mental health crisis situations
 - *including suicide prevention/intervention, psychosis intervention, & overdose response*
- **Connect** people in need to appropriate mental health supports
 - *including resources for Maine and US National mental healthcare options & services*
- **Develop & practice** self-care habits (support yourself to better support others!)

For More Info:

• Sweetser.org/FreeMentalHealthTraining

• Training@Sweetser.org