

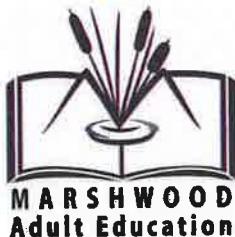
Mental Health First Aid

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:



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