

# MENTAL HEALTH FIRST AID TRAINING



FOR PROGRAM

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# MENTAL HEALTH FIRST AID TRAINING

**OCT. 22, 2024, 9:30 A.M.-3:30 P.M.**  
**PITTSBURGH THEOLOGICAL SEMINARY**

**LEARN HOW TO SUPPORT YOUR FRIENDS, FAMILY, AND NEIGHBORS.** Mental Health First Aid (MHFA) teaches you how to identify, understand, and respond to signs of mental health and substance use challenges among adults. You'll build skills and confidence you need to reach out and provide initial support to those who are struggling, and learn how to help connect them to appropriate support.

## **AFTER THE COURSE, YOU'LL BE ABLE TO:**

Recognize common signs and symptoms of mental health challenges

Recognize common signs and symptoms of substance use challenges

Understand how to interact with a person in crisis

Know how to connect a person with help

Use self-care tools and techniques



For more information, visit [MHFA.org](https://mhfa.org). Learning modality: 2 hours of online asynchronous modules to complete prior to the workshop, followed by 5.5 hours of in-person instruction.

## PRESENTER

## REGISTRATION

## QUESTIONS

Pittsburgh Theological Seminary  
616 North Highland Avenue  
Pittsburgh, PA 15206  
Phone: 412-362-5610



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