

**FREE TRAINING for PARENTS/CAREGIVERS OF
INDIVIDUALS WITH DEVELOPMENTAL DISABILITIES
ACTIVE WITH DEVELOPMENTAL PATHWAYS**

BECOME MENTAL HEALTH FIRST AID CERTIFIED

Why Mental Health First Aid?

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders. This training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care.

Virtual Training:

**2-hour, self-paced online
study**

**5.5 hour, Instructor-led video
conference 9 am-4:00 pm
(w/ breaks + 30-minute lunch)**

**Various training dates, click
on link below to see dates**

Who Should Take it:

**Direct Care Professionals
Parents/Caregivers
Community Members
First Responders
Employers
Caring Individuals**

What it Covers:

- **Common signs and symptoms of mental illness**
- **Common signs and symptoms of substance abuse**
- **How to interact with a person in crisis**
- **How to connect the person with help**
- **Expanded content on trauma, addiction and self-care**

Register, click [HERE](#)