

Adult Mental Health First Aid

FREE Skills-Based Certification Training



Mental Health
Recovery
Education



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 mental healthcare options & services*
- **Develop & practice** self-care habits (better support yourself to better support others!)



For More Info

Connect with our training team!

Questions?
Interested in bringing
Mental Health First Aid
Training to your group?
Reach out to our
Training Coordinator:

- Training@Sweetser.org
- [Sweetser.org/
FreeMentalHealthTraining](https://Sweetser.org/FreeMentalHealthTraining)

What is Adult Mental Health First Aid?

- Evidence-based, non-clinical mental health awareness & crisis intervention training for general adult audiences
- Developed by the National Council for Mental Wellbeing (NCMW), supported by the Substance Abuse & Mental Health Services Administration (SAMHSA), taught by Certified Adult MHFA Instructors from Sweetser
- Grants 3-year *Adult Mental Health First Aider* certification through NCMW, presented by Sweetser

Training Details

- **8-hour** total course time
- **5 to 25 participants** per training session
- Available **fully in-person** – 8hr instructed at your facility
blended – 2hr online self-guided + 6hr instructed at your facility
OR **virtual** – 2hr online self-guided + 6hr instructed via webinar

Mental Health Awareness Trainings brought to you by Sweetser

FREE for all who live or work in Maine

sweetser.org



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