

Mental Health First Aid (MHFA) training

Thursday, February 21
9 a.m.-4:30 p.m., TTI Troy
1225 E. Big Beaver Road

Have you ever encountered someone in a mental health crisis? Would you know what to do?

You may know CPR or the Heimlich maneuver. You can call 911. But, would you know how to administer first aid in a mental health crisis? Could you recognize suicidal thoughts or behaviors?

Mental Health First Aid (MHFA) training helps participants learn to recognize the signs and symptoms of anxiety, depression, substance use disorders and psychosis. It also advises them on what to do until appropriate professionals and other help can begin. This 8-hour course is taught by certified Mental Health First Aid USA instructors.



Mental Health First Aid introduces participants to risk factors and warning signs of mental illnesses, builds understanding and looks at common supports. This interactive training will help you build your skills in order to learn how to offer initial help in a mental health crisis and connect people to the appropriate care.

Cost: \$50
(Free to TTI staff)



To register or for more information, call TTI at (248) 524-8801 or email training@ttiinc.org. You can also register online at www.tiinc.org.