

NAUGATUCK VALLEY HEALTH DISTRICT PRESENTS:

Adult Mental Health First Aid Training



Monday, May 13th: 8:00am to 4:00pm

**Naugatuck Valley Health District
98 Bank St., Seymour, CT**

Join us for a **FREE** Adult Mental Health First Aid training where participants will learn how to respond to a mental health crisis using the **Mental Health First Aid Action Plan (ALGEE)**:

- **A**ssess for risk of suicide or harm.
- **L**ist nonjudgementally.
- **G**ive reassurance and information.
- **E**ncourage appropriate professional help.
- **E**ncourage self-help and other support strategies.

Participants will be required to complete a **2-hour, self-paced online course** before attending the instructor-led session. Participants will receive certification from the National Council for Mental Wellbeing valid for 3 years.

[Click Here For Registration](#)



Questions? Contact instructors:

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Public Health
Prevent. Promote. Protect.

**Naugatuck Valley
Health District**

