

NAUGATUCK VALLEY HEALTH DISTRICT PRESENTS:

Adult Mental Health First Aid Training



Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING

In Person Program

Friday, September 12, 2025: 8:00am to 2:00pm Naugatuck Valley Health District, 98 Bank St., Seymour, CT

****Lunch Provided****

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)**:

Assess for risk of suicide or harm.

Listen nonjudgementally.

Give reassurance and information.

Encourage appropriate professional help.

Encourage self-help and other support strategies.

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

MHFA satisfies CT OEMS Approval #CT-F4-V101 for 8 EMS continuing education hours

[Click Here To Register](#)

or enter this link in your browser

<https://www.surveymonkey.com/r/X8ZH82N>

Questions?

Lisa Trupp, CCHW

Health Educator

ltrupp@nvhd.org

203-881-3255, ext. 108

