



STRESS, ANXIETY, DEPRESSION... WHERE DO YOU TURN FOR HELP?



Project IMPACT, in partnership with the
PSWR African American Convocation presents:

MENTAL HEALTH FIRST AID

Mental Health First Aid is a **6-hour online and virtual** training course designed to increase awareness and reduce misconceptions surrounding mental health conditions by creating a healthier understanding of good mental health.

CLASS 1 | Saturday, July 17th
8:30 am - 1:00 pm PDT

CLASS 2 | Saturday, September 18th
8:30 am - 1:00 pm PDT

COURSE DESCRIPTION

The course offers practical solutions to recognize and respond to the signs and symptoms of the most common mental health conditions (stress, anxiety, depression etc.) and how to help someone through a proven action plan.

VIRTUAL MENTAL HEALTH FIRST AID IS DELIVERED IN TWO SEGMENTS FOR A COURSE TOTAL OF 6 HOURS:

PRE-WORK This is an online, **two-hour**, self-paced prerequisite that is completed in the Mental Health First Aid Learning Management System. Participants are required to complete this prior to attending the live virtual instructor-led training. Individual learning accounts will be established for each participant. Once enrolled in the seminar, you will be emailed directions on how to access your individual learning account to complete the required pre-work. The 2-hour self-paced pre-requisite provides a review of commonly held ideas of mental health that help set the virtual stage for a robust discussion on the topic: Mental Health First Aid.

VIRTUAL INSTRUCTOR-LED TRAINING This is a **four-hour** live instructor-led training delivered virtually online. Each participant will receive email instructions on how to access the virtual instructor-led training on a secured online Zoom account once the pre-work has been completed.

PROJECT IMPACT received a grant to provide this program. Scholarships in the amount of \$170 are being offered to each participant to cover the cost of the class. **Class size is limited to 20 participants per-class and .6 CEU's per class will be given to clergy, upon request.**



Our Facilitator

TONY CLOUD

Advocate, Author &
International Speaker

A 2018 Top Mental Health
First Aid Instructor out of
19,000 instructors in the U.S.

Upon enrollment, class materials will be forwarded to each participant. [CLICK HERE TO REGISTER TODAY!](#)