

## Mental Health First Aid Training through ELC

Elizabeth Layton Center is excited to offer you Mental Health First Aid (MHFA) training! This nationally acclaimed, evidence-based training teaches adults the skills needed to outreach and provide initial support to someone who might be developing a mental health or substance use problem and help connect them to appropriate care. Visit [www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org) to learn more.

### Why Mental Health First Aid (MHFA)?

1 in 4 Americans experience mental illness in their lifetimes. Unfortunately, many don't know the signs, or are reluctant to seek help before it is too late. Just as CPR helps people to assist those having a heart attack, Mental Health First Aid teaches you how to identify and respond to mental illness and substance use disorders.

### ELC's MHFA Course Options

- **Adult Mental Health First Aid** – this training teaches adults how to help other adults with behavioral health challenges.
- **Youth Mental Health First Aid** – this training teaches adults how to help adolescents with behavioral health challenges, and how to distinguish crises from typical adolescent development.

### ELC's MHFA Course Delivery Modes

- **In-Person** – this training occurs as an 8-hour, co-instructor-led, in-person course.
- **Blended** – this training begins by having learners complete a 2-hour, self-paced online course first. This is followed by a 4.5-5.5 hour co-instructor-led course which can occur in-person or via teleconference.

### Training Fees

MHFA America values this training at \$170/participant, but ELC charges **\$100/participant** as a service for our community. Course fees include MHFA Manual and Participation Processing Guide, snacks, lunch and supplies.

### Registration

To register for MHFA training, or to get more information, contact Mindy Harman by phone (913.557.9096) or by email at [mharman@laytoncenter.org](mailto:mharman@laytoncenter.org). Classes are limited to 25 participants - Advanced registration is preferred.

### 2024 MHFA Training Dates through Elizabeth Layton Center

TBD

**Ask us about individualized MHFA classes for your community agency!**

