



# MENTAL HEALTH FIRST AID TRAINING FOR HR PROFESSIONALS

A conversation can change a life.

Good health is good business—and that includes mental health. **Mental Health First Aid** teaches critical communication and support skills that impact your employees' wellness, productivity, and your company's bottom line. This 8-hour training gives you the skills you need to reach out and provide initial support to employees who may be developing a mental health or substance use problem and help connect them to the appropriate care.



## What You Will Learn

Just as CPR assists an individual having a heart attack, **Mental Health First Aid** helps you assist someone experiencing a mental health or substance use-related crisis. In this course, you will learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help an employee in both crisis and non-crisis situations, and how to connect an individual with help. You will leave with a five-step action plan to support a healthy and productive work environment.

## Four Convenient Locations

**JUPITER**  
**OCTOBER 3**  
**9:00AM - 5:00 PM**

El Sol  
 106 Military Trail  
 Jupiter, FL 33458

**BOYNTON BEACH**  
**OCTOBER 19**  
**9:00AM - 5:00PM**

Children's Services Council  
 2300 High Ridge Rd,  
 Boynton Beach, FL 33426

**BOCA RATON**  
**OCTOBER 23**  
**9:00AM - 5:00PM**

Lynn University  
 3601 N Military Trl,  
 Boca Raton, FL 33431

**WEST PALM BEACH**  
**OCTOBER 30**  
**9:00AM - 5:00PM**

Palm Healthcare Pavilion  
 5205 Greenwood Ave.  
 West Palm Beach, FL 33407

## Registration

Please register by **September 15, 2018** at [www.hrpbc.org](http://www.hrpbc.org).

**Fee: \$25. Lunch is generously provided by Palm Healthcare Foundation.**

**CEUs: This training has been approved by HRCI & SHRM for 8 General Credit Hours.**

**Questions?** Contact facilitator Cindy Wides, Palm Beach County Mental Health First Aid Coalition Director, Alpert Jewish Family Service, [CWides@jfcsonline.com](mailto:CWides@jfcsonline.com). Learn more at [mentalhealthfirstaid.org](http://mentalhealthfirstaid.org).

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