

Mental Health First Aid

FREE SKILLS-BASED CERTIFICATION TRAINING

BROUGHT TO YOU BY:



Rotary Club
of
Portland,
Maine

2-Session Instructor-Led Training:

Weds. July 9th

& Thurs. July 10th, 2025

8:30am - 12:30pm Both Days

@ Clark Insurance

1945 Congress Street, Building A

Portland ME 04102

[Click Here or Scan to Register](#)



Mental Health
FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING



What is MHFA?

- Developed by the *National Council for Mental Wellbeing*, supported by the *Substance Abuse & Mental Health Services Administration (SAMHSA)*, taught by Certified MHFA Instructors from Sweetser
- Course completion grants 3-year *Mental Health First Aider* certification + 7.5hr Professional Development

Learn How To:

- **Recognize signs & symptoms** of mental health and substance use challenges in others
- **Respond to & support** adults facing mental health and substance use challenges
- **Intervene & de-escalate** mental health crisis situations
 - including suicide prevention/intervention, psychosis intervention, & overdose response
- **Connect** people in need to appropriate mental health supports
 - including resources for Maine and US National mental healthcare options & services
- **Develop & practice** self-care habits (support yourself to better support others!)



Mental Health
Recovery
Education



FOR MORE INFO

- Sweetser.org/FreeMentalHealthTraining
- Training@Sweetser.org