




Learn How to Support your Co-Workers,
Friends, Family and Neighbors!

Add  to your signature by attending
an 8 hour training program designed to certify
you in Mental Health First Aid.

**The FAERF Institute
is offering the following
to members (\$100.00)/non-members(\$150.00)**

October 25, 2024

The Landing at MIA, 7415 Corporate Center Drive, Miami, FL 33126

**LEARN HOW TO SUPPORT YOUR CO-WORKERS, FRIENDS, FAMILY
AND NEIGHBORS:**

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.

You'll build skills and confidence you need to reach out and provide initial support to those who are struggling. You'll also learn how to help connect them to appropriate support.

AFTER THE COURSE YOU'LL BE ABLE TO:

- Recognize common signs and symptoms of mental health challenges.
- Recognize common signs and symptoms of substance use challenges.
- Understand how to interact with a person in crisis.
- Know how to connect a person with help.
- Use self-care tools and techniques.