

Mental Health First Aid Training

August 1st and August 3rd 2023
8:30 am to 1:00 pm BOTH days



EMS Post 53 / 0 Ledge Road Darien, CT

Mental Health First Aid is an 8-hour certification course that helps individuals and communities better understand mental health issues and respond accordingly to others who may be experiencing distress.

Who should take Mental Health First Aid training?

- the general public and volunteers (must be at least 18 years old)
- school personnel, nurses and educators;
- employers, community leaders, business leaders;

About the Program

Mental Health First Aid is an interactive course designed to give members of the public key skills to help someone who is developing a mental health problem or experiencing a mental health crisis. Like CPR training helps a non-medical professional assist an individual following a heart attack, Mental Health First Aid training helps an individual who doesn't have clinical training assist someone experiencing a mental health crisis.

Mental Health First Aiders learn the following:

- The prevalence of mental illnesses in the U.S.
- The potential warning signs of the most common mental health disorders.
- A 5 step action plan to assist an individual in crisis.
- Resources available to help someone with a mental health problem.

About the Instructors:

Ali Ramsteck, LCSW is the director of Darien Human Services. She has been a social worker for over 25 years. Paula Sutcliffe, MA, RN-BC, CHC is Darien Health department's Public Health Nurse. She has been a nurse for over 50 years. This program is being funded by ARPA funds.

Seating is limited to the first 30 registrants

To register contact:

Ali Ramsteck, LCSW at aramsteck@darienct.gov

Includes 3-year certification in MHFA, 2 day training, MHFA manual, handouts and certificate.

Sponsored by: Darien Human Services (203) 656-7494