

# Mental Health First Aid Training



**Mental Health First Aid (MHFA)**, created by the National Council for Behavioral Health, teaches individuals how to identify, understand and respond to signs of mental illnesses and substance use disorders in adults. The training provides the skills needed to reach out and provide initial help and support to someone with or developing a mental health or substance use problem or experiencing a crisis. Training is excellent for anyone and is highly recommended for those in helping professions.

All trainings will be in person, a total of eight hours, and may be one day or in multiple day formats.

OAKLAND UNIVERSITY

## MENTAL HEALTH FIRST AID TRAINING DATES



To register, scan the QR code or visit [myrecwell.oakland.edu](https://myrecwell.oakland.edu) and click on the “Certifications” tab.

Oakland University and Ascension Providence Rochester Foundation are collaborating in October to provide Mental Health First Aid training. These FREE trainings are made possible because of generous donations to the Ascension Providence Rochester Foundation.



### Friday, October 4

In Person • 8 AM - 4 PM  
South Foundation Hall | Room 218

### Friday, October 18

In Person • 8 AM - 4 PM  
South Foundation Hall | Room 218

### Saturday, October 5

In Person • 8 AM - 4 PM  
South Foundation Hall | Room 218

### Saturday, October 19

In Person • 8 AM - 4 PM  
Ascension Hospital, Rochester

### Thursday, October 10

In Person • 8 AM - 4 PM  
South Foundation Hall | Room 218

### Thursday, October 24

In Person • 8 AM - 4 PM  
Ascension Hospital, Rochester

### Friday, October 11

In Person • 8 AM - 4 PM  
South Foundation Hall | Room 218

### Friday, October 25

In Person, • 8 AM - 4 PM  
South Foundation Hall | Room 218