



MENTAL HEALTH FIRST AID TRAINING

Thanks to a generous grant from **OhioMHAS**, we are offering **FREE MENTAL HEALTH FIRST AID TRAINING** to older adults, individuals with disabilities, and those professionals and caregivers who work closely with them.

Wednesday
AUGUST 20, 2025
8:00 AM - 5:30 PM

Lite Lunch
Free Admission
3 Yr. Certification

Eastwood Event Centre (Warner Room)

5555 Youngstown Warren Rd., Niles, OH. 44446

PARTICIPANTS WILL LEARN TO :

- GROW THEIR KNOWLEDGE OF SIGNS, SYMPTOMS AND RISK
- IDENTIFY MULTIPLE TYPE OF PROFESSIONAL AND SELF-HELP RESOURCES
- INCREASE THEIR CONFIDENCE IN AND LIKELIHOOD TO HELP
- SHOW INCREASED MENTAL WELLNESS THEMSELVES
- REDUCE STIGMA



**Register with
code or call
our office**

Mental Health First Aid provides the skills to identify and respond to mental health and substance use challenges in real, actionable ways. These skills extend to the workplace, home and community.

For questions email ccope@unitedwaytrumbull.org



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Trumbull County

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