

JOIN OUR UPCOMING TRAINING EVENT

Mental Health First Aid Training

Mental Health First Aid is a training course designed to provide participants key skills to help someone developing a mental health problem or experiencing a mental health crisis.

Wednesday, June 29, 2022

10 a.m.-4:30 p.m. EST

Register by emailing stacy.hull@allianthealth.org.

Registration is required and space is limited. Upon registering, you will receive an email confirmation and the training link.

Classes fill quickly. Early registration is recommended.

The training consists of two parts:

Part 1: The duration of Part 1 is two (2) hours, includes two (2) sections and is completed independently through a Learning Management System (LMS) called Cornerstone. Components include:

Section 1:

- Pre-Test/Opinions quiz
- A self-guided training including a test upon completion. You must pass the Section 1 test to access Part 2 and you will be able to review materials and retake the test until you pass.
- Access to a toolbox that contains a digital copy of the Mental Health First-Aid Manual, a Participant Processing Guide and a Self-Care Worksheet template. These documents should be downloaded, and the Participant Processing Guide and Self-Care Worksheet should be printed. They will be used during Part 2 and **will continue to be accessible during the three-year certification period** after successfully becoming a mental health first-aider.

Section 2:

- Post Test
- Evaluation
- Certificate (Valid for three years)

You MUST complete Part 1, Section 1 no less than 48 hours (2 business days) prior to the scheduled Part 2 session.

Part 2: Part 2 is a live, instructor led virtual training via Zoom that lasts approximately 5 ½ hours. This interactive training includes a Part 1 review and practical application of the Mental Health First Aid Action Plan with participant activities. Upon completion, the instructor will verify attendance and then **Section 2 of Part 1** will be unlocked, allowing participants to complete the post test, evaluation and obtain their certificate. Participants will receive an email informing them when Section 2 is unlocked and accessible.

If you have any questions, please contact Stacy Hull at stacy.hull@allianthealth.org.