



Eastern Washington Area  
Health Education Center  
Eastern Washington University  
start something big

[ewu.edu/ewahec](http://ewu.edu/ewahec)

## MENTAL HEALTH FIRST AID TRAINING

The EWAHEC would like to come to your organization, on a date of your choosing, to train you and your staff in Mental Health First Aid at no charge. The EWAHEC is certified in sub-specialties of the curriculum, including:

- Fire/EMS
- Public Safety
- Veterans
- Older Adults
- Rural
- Youth (for adults who work with youth)

### PROGRAM DESCRIPTION

Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis. In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help. The course takes 8 hours to complete. Unless otherwise noted, class begins at 8 a.m. Training is **FREE**.

### DELIVERY MODES

1. In person training (8 hours)
2. Blended: 2 hours online, self-paced followed by 4 hours of in person training
3. Online: 2 hours online, self-paced followed by 4 hours of online, instructor-led training

### TO REQUEST A TRAINING

[www.ewu.edu/MHFA](http://www.ewu.edu/MHFA)



#### SESSION PRESENTERS:

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Ryann Leonard  
Eastern Washington Area  
Health Education Center

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