



MENTAL HEALTH FIRST AID CERTIFICATION TRAINING



National Alliance on Mental Illness

Buffalo & Western
New York

WHAT:

8- hour certification training that teaches you common signs and symptoms of mental health and substance use challenges; how to interact with a person in crisis; how to connect a person with help; and content on trauma, substance use, and self-care.

WHO:

- Family Members
- Employers
- Police Officers
- Hospital Staff
- First Responders
- Caring Individuals

WHY:

Mental Health First Aid (MHFA) teaches you how to identify, understand, and respond to signs of mental health and substance use challenges.

WHEN & WHERE:



DATE

Saturday

November 18, 2023



TIME

9:00AM - 5PM



LOCATION

Best Self Behavioral Health, Inc.
768 Delaware Ave.
Buffalo, NY 14209



TO REGISTER OR FOR
INFORMATION, VISIT
[HTTP://TINY.CC/FNS9VZ](http://tiny.cc/fns9vz),
USE THE QR CODE OR
CALL TODAY!



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www.namibuffalony.org



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