

MENTAL HEALTH FIRST AID



Register Here

Spring training dates:

FEBRUARY 10 or MARCH 4
9 AM - 3 PM

VIRTUAL VIA ZOOM

Full-day attendance is required



Mental Health First Aid for Higher Education is an internationally recognized training offered by Integrated Services of Kalamazoo. The training teaches participants how to identify, understand, and respond to signs of mental illnesses and substance abuse disorders. This in-depth training includes a discussion of specific risk factors, skill building to provide initial support to someone who may be struggling or in a crisis, and practice applying the action plan in a number of scenarios.

Two hours of virtual, self-paced pre-work must be completed prior to the one-day Zoom training. Links will be sent upon registration. There will be a 30 minute break for lunch.

REGISTER AT THE QR CODE
FOR QUESTIONS OR MORE INFO CONTACT BRE TRAYNOR
BREANNA.TRAYNOR@WMICH.EDU