



Mental Health First Aid

Effective March 2025

Description

Mental Health First Aid (MHFA) is a comprehensive training course designed to provide individuals with the skills to identify, understand, and respond to signs of mental health challenges. This course empowers participants to act as a first line of support for individuals experiencing mental health crises, much like physical first aid helps in medical emergencies. Throughout the course, participants will learn to recognize the signs and symptoms of common mental health conditions, such as anxiety, depression, substance abuse, and psychosis. They will also gain practical skills in how to approach and assist someone in distress, offer initial support, and refer them to professional help if necessary.

In addition to focusing on mental health awareness, the course emphasizes the importance of reducing stigma, fostering open conversations, and promoting mental well-being in various environments, such as workplaces, schools, and communities.

By the end of the course, participants will have increased confidence in their ability to help individuals experiencing mental health crises and will be better equipped to create supportive and understanding environments for mental health.

Training cost:

\$100.00. Payment is required at least 2 weeks prior to the start date of the course.

Financial Aid

Financial aid is not available for this course.

Minimum Requirements:

There are no prerequisites for this course.

Course Materials & Supplies

All materials and supplies are included in the cost of training.

Certification

Upon completing the training, students will be eligible to take the Mental Health First Aid certification exam. The exam can be completed online at the student's convenience and is included in the tuition fee.

Accommodations Statement:

If you have or had an IEP or 504 Plan in high school or if you think you have a disability that might interfere with your completion of this class, contact Pierpont's Support Services for information about possible accommodations at access@pierpont.edu or 304-534-7878.