

SIGN UP NOW!

Mental Health First Aid Training at UMBC

Mental Health First Aid is the help provided to a person developing a mental health problem or in a mental health crisis. The first aid is given until appropriate professional treatment is received or until the crisis is resolved.

Goals of the program:

- Preserve life where the person may be in danger to self or others
- Provide help to prevent the mental health problem from developing into a serious state
- Promote recovery of good mental health
- Provide comfort to a person with a mental health problem

Mental Health First Aid does **NOT** teach people to be therapists. It teaches people to recognize the symptoms of mental health problems and provides information on how to get help.

Dates: Thursday, January 17th

Time: 8:30 am-5 PM

Location: The Commons, Room 331

Jennifer Treger (Student Affairs Central Office) and Jennifer K. Lepus (University Health Services) will be conducting the training. Individuals who sign up for this training **must attend the full day of training**. There is **no charge** for the training. This program is open to the campus community.

TO REGISTER:

Email your name, department/academic program and cell phone number to Jennifer Treger, Community Health and Safety Specialist in the Student Affairs Central Office at jtregger@umbc.edu or call 410-455-3797. Space is limited.

This program is sponsored by Student Affairs.