

# 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:** Friday, April 4th

**Time:** 8:30 am-5 PM

**Location:** The Commons, Room 331

Individuals who sign up for this training **must attend the full day of training**. You will receive a certificate for your participation. 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 [jtreger@umbc.edu](mailto:jtreger@umbc.edu) or call 410-455-3797. Space is limited.

**This program is sponsored by Student Affairs.**