

# 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.

**The training is 8 hours and you must attend all 8 hours to receive a certificate!\***

**Date: Friday, August 1, 2014 in Commons Room 331**

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

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 Vice President's Office of Student Affairs at [jtregger@umbc.edu](mailto:jtregger@umbc.edu) or call 410-455-3797. Space is limited.

This program is sponsored by Student Affairs