**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, January 22, 2016**

**Location(s): Commons 318**

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

There is **no charge** for the training. This program is open to the campus community.

Email your name, department/academic program and cell phone number to Schanell Hurt-Franklin in the Counseling Center at shurt@umbc.edu. Space is limited so, please RSVP by Monday, January 18, 2016.

**To Register:**

This program is sponsored by Student Affairs