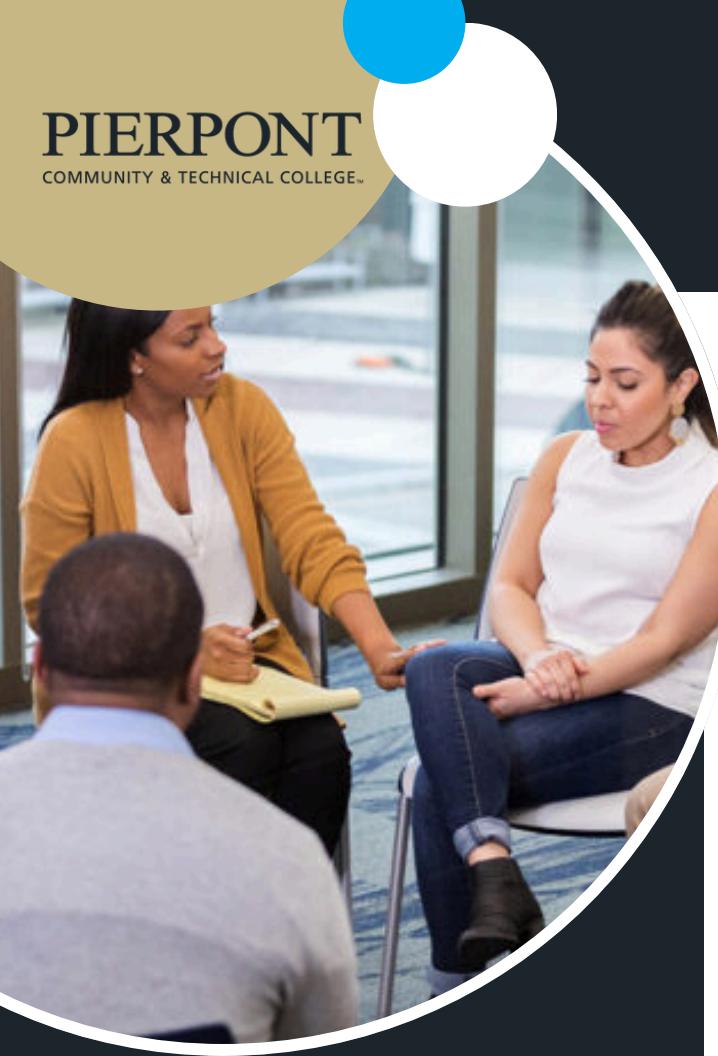


MENTAL HEALTH FIRST AID



Pierpont's Mental Health First Aid (MHFA) course equips participants with the knowledge and confidence to recognize, understand, and respond to signs of mental health challenges. Much like physical first aid, MHFA provides the skills to offer initial support during a mental health crisis until professional help is available.

What You'll Learn

- How to identify signs and symptoms of anxiety, depression, substance use, and psychosis
- Practical steps to assist and support someone in distress
- How to approach and communicate with individuals experiencing mental health challenges
- Ways to connect people with appropriate professional resources
- Strategies for reducing stigma and promoting mental well-being

Why Choose This Program?

- Comprehensive, evidence-based training recognized nationwide
- Builds confidence to respond effectively in real-world situations
- Promotes awareness and understanding in workplaces, schools, and communities
- Empowers participants to create more supportive and inclusive environments

Apply Today or Learn More
go.pierpont.edu/CCT

Training Cost

\$100

What's Included in Tuition?

- ✓ Instruction
- ✓ Textbooks
- ✓ Exam Vouchers

*Financial Aid is not available for this course.



CAREER & CORPORATE TRAINING
PIERPONT COMMUNITY AND TECHNICAL COLLEGE

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