MENTAL HEALTH FIRST AID
IN-PERSON AND VIRTUAL WORKSHOPS

Thursday, December 15, 2022
Location: Support Services Building Room# 102
(In Person Only) Time: 8:00 am - 5:00 pm
Lunch is Provided Deadline to Register: December 13

Friday, November 11, 2022
Location: Online (*Virtual Only)
Time: 9:00 am - 3:30 pm
Lunch on your own Deadline to register: October 31

Thursday, January 15, 2023
Location: Online (*Virtual Only)
Time: 9:00 am - 3:30 pm
Lunch on your own Deadline to Register: December 16

Register today at: unt.bridgeapp.com
Sessions with fewer than 5 participants will be canceled.
*For virtual session, 2 hours of pre-work is required to be completed on your own time prior to the session.

COURSE DESCRIPTION
Phyllis Finley with Denton County MHMR presents this Mental Health First Aid workshop. The one-day course teaches you how to identify and help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps you identify, understand, and respond to signs of addictions and mental illnesses. Topics covered include anxiety, depression, psychosis, suicide, and addictions.

Presenter: Phyllis Finley, Community Liaison and Trainer Coordinator
Mental Heath Projects Sponsored and facilitated by Denton County

For more information about UNT Mental Health Resources:
speakout.unt.edu

AskTraining@unt.edu
More information: training.unt.edu