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 12

Thursday, January 13, 2023
Location: Online (*Virtual Only)
Time: 9:00 am - 3:30 pm
Lunch on your own

Deadline to Register: December 16
*For this virtual session, 2 hours of pre-work is required to be completed on your own prior to the session.

Register today at: unt.bridgeapp.com
Sessions with fewer than 5 participants will be canceled.

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 additions.

This course is offered in two formats: In Person or Virtual.

Presenter: Phyllis Finley, Community Liaison and Trainer Coordinator
Mental Health 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