

Free Mental Health First Aid Training

Attend an interactive Mental Health First Aid training to learn signs and symptoms of mental health conditions, what to do in an emergency, and where to turn for help. All participants receive a free, informative Mental Health First Aid manual and a list of local mental health resources.

July 23rd from 8-5pm, with a one-hour lunch for participants to have lunch on their own. Lunch is not provided. The training will take place in **Yates 306**.

Participants must be present for the entire training to receive their certification.

This event requires a **minimum of 15 people** to attend. The **deadline to RSVP is July 10**. If we do not have 15 people, this event will be cancelled.

The maximum class size is 30 and will be filled on a first-come first-served basis, with subsequent RSVPs being added to a waitlist.

This event is open to faculty, staff and graduate students in the CSU community.

Please RSVP via this link: <https://forms.gle/8rjWAnczap5SPsJW8>

If you RSVP and can no longer attend, please update your response on the form or email leorah@colostate.edu.

This training is offered courtesy of Denver's Office of Behavioral Health Strategies:
<https://www.denvergov.org/content/denvergov/en/office-of-behavioral-health-strategies/training.html>

The Health District of Northern Larimer County also offers classes on Mental Health First Aid and Suicide Prevention throughout the year:
<https://www.healthdistrict.org/classes-trainings-and-talks>