

Adult Mental Health First Aid Training



Mental Health
FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

On average,

123

people die by suicide
each day.

-American Foundation for
Suicide Prevention

From 1999 to 2016,

630,000

people died from drug
overdose.

-Centers for Disease Control
and Prevention

Nearly

1 IN 5

U.S. adults lives with a
Mental Illness.

-National Institute of
Mental Health



Location: Regional Center for Public Safety Excellence
3901 S. Cage Blvd. Pharr, Texas 78577

Date: March 7, 2024

Time: 8:30 a.m. - 4:30 p.m.

Adult Mental Health First Aid is an evidence-based course that teaches you how to identify, understand and respond to signs and symptoms of mental illness and substance use disorders. This training gives you the skills you need to reach out and provide initial support to some-one who may be developing a mental health or substance use problem and help them to appropriate care.

In-Person Training: The training is provided by two certified MHFA instructors for 6.5 hrs.

Upon completing the training requirements, the participants will become certified Mental Health First Aiders for three years!

The training is free to any school/ college personal, First Responders, Attorneys, Judges, Veterans, Family of Military, and any other Adult that is interested in taking this training.



Please scan QR code, fill out, and email the
Registration Form to Amy Espericueta
<aespericueta_3728@southtexascollege.edu>.