



Minnesota State Community and Technical College

We are excited to announce the return of **FREE Mental Health First Aid trainings** to M State, in an all-new virtual format!

Please join us in advancing mental health awareness throughout the community!

Mental Health First Aid

Mental Health First Aid (MHFA) is a *national, evidence-based training* that gives you the information and skills to help someone with mental health concerns in both crisis and non-crisis situations.

The 8-hour training is completed in two parts. First, you will complete a self-paced 2-hour training online that introduces you to various mental health topics. Second, you will attend a live 6-hour training via Zoom with two of our certified trainers where you will learn more information and will practice applying the information to real-life scenarios.

How Do I Sign Up?

Go to https://mnscu.rschooldtoday.com/public/getclass/category_id/329/program_id/47/subcategory_id/4974

AVAILABLE DATES

Tuesday 10/20	12:30-6:30pm (Registration deadline is September 29)
Wednesday 10/28	10:00am-4:00pm (Registration deadline is October 7)
Monday 11/9	9:00am-3:00pm (HEALTHCARE STUDENTS AND EMPLOYEES ONLY) (Registration deadline is October 19)
Monday 11/16	10:00am-4:00pm (Registration deadline is October 26)
Friday 11/20	9:00am-3:00pm (Registration deadline is October 30)

All trainings (with the exception of the above healthcare-focused training) are open to MState employees, students, alumni, and community members. Please register by emailing jamon.friendshuh@minnesota.edu for the Healthcare-focused course on November 9. This course is not open to the general public.

This training usually costs \$170 per person, but 100% of the trainings and related costs are being paid for by a MinnState Collaboration grant between MState and Century College of \$150,000.

