



# ADULT MENTAL HEALTH FIRST AID TRAINING



## About Us

**Catalyst CT | The Hub** is one of five state-designated Regional Behavioral Health Action Organizations (**RBHAO**). We work within 14 communities in southwestern Connecticut, from Greenwich to Stratford. Our goal is to strengthen the region by addressing issues such as mental health, substance use disorder, gambling/gaming, and suicide awareness at the local level.

Please visit our website, [CatalystCT.org/TheHub](https://CatalystCT.org/TheHub), for resource guides, lists of free peer supports, online screenings, awareness videos, downloadable resources on a wide range of topics, and more information.

**FRIDAY, MAY 2,  
9:00 AM - 5:00 PM  
BURROUGHS COMMUNITY CENTER**

**Adult Mental Health First Aid (MHFA)** teaches you how to identify, understand, and respond to the signs of an adult mental health or substance use problem. You'll develop the skills and confidence to reach out and provide initial support to people in trouble. You'll also learn how to connect them to the right help.

**Pre- and Post-Work required**

**After this course, you will know how to:**

- Recognize the most common signs and symptoms of **mental health** and **substance use problems**.
- Understand how to interact with a person experiencing a crisis.
- **Connect a person with help**.
- Use **self-care tools** and techniques.



**THIS IS A FREE IN-PERSON TRAINING**

Please register for the training by Wednesday, April 2, 2025 by contacting **Thamarlande Onesair** by email at [tonesair@catalystct.org](mailto:tonesair@catalystct.org) or call **203.383.0464**.