



Connecticut Construction Industries Association Presents

Mental Health **First Aid** Training

ADULT MENTAL HEALTH FIRST AID

Adult Mental Health First Aid teaches Adults how to recognize the signs and symptoms that suggest a potential mental health challenge, how to listen non-judgmentally and give reassurance to a person who may be experiencing a mental health challenge, and how to refer a person to appropriate professional help.

WHO SHOULD BE TRAINED?

- Employers
- Business Owners
- Family members
- Caregivers
- First Responders
- Supervisors
- Anyone (18+ years of age)

Training Date: Wednesday, March 19th, 2025

Training Time: 9:00 AM - 4:00 PM

Location: 912 Silas Deane Hwy. Suite 112. Wethersfield, CT

Instructors: Erica Skoutas & (TBD)

Cost: \$150 pp (includes 6.35% CT sales tax.)

- Participants must attend the entire training to become certified.
- Participants will be required to complete a knowledge check and course evaluation.
- Participants who complete the training will receive a 3-year certification from National Council & will be eligible for CEU hours from the CT Certification Board.
- A light breakfast AND lunch will be provided to all participants.

TO REGISTER, please visit: www.ctconstruction.org/MentalHealth



Mental Health
FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

If you have course specific questions please contact:
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