

MERIDEN DEPARTMENT OF HEALTH AND HUMAN SERVICES AND
NAUGATUCK VALLEY HEALTH DISTRICT PRESENTS:

Virtual Adult Mental Health First Aid

Monday, Oct. 28, and Tuesday, Oct. 29, 2024
9:00 AM - 12:00 PM both days (must attend both days)

Virtual via Zoom

Open to Meriden residents and community organizations!

Join us for a FREE Adult Mental Health First Aid training where participants will learn how to respond to a mental health crisis using the **Mental Health First Aid Action Plan (ALGEE)**:

- **A**ssess for risk of suicide or harm.
- **L**isten nonjudgmentally.
- **G**ive reassurance and information.
- **E**ncourage appropriate professional help.
- **E**ncourage self-help and other support strategies.

Participants will be required to complete a **2-hour, self-paced online course** before attending the virtual instructor-led sessions. Participants will receive certification from the National Council for Mental Wellbeing valid for 3 years.

Questions? Contact instructors:

Elizabeth DeMerchant, edemerchant@meridenct.gov

Lisa Trupp, ltrupp@nvhd.org

To register please visit:

<https://www.surveymonkey.com/r/CJGC9S6>

