

Adult Mental Health First Aid

Wednesday, September 16, 2026

9:00am - 4:00pm

165 Miller Street

2nd Floor - Teen Conference Room

Meriden, CT 06450

Open to Meriden residents and 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 in-person instructor-led session. Participants will receive certification from the National Council for Mental Wellbeing valid for 3 years.

Questions? Contact:

Elizabeth DeMerchant, Public Health Educator
edemerchant@meridenct.gov or (203) 630-4288.

To register, complete the Google Form:
<https://forms.gle/Keqfhk8B1CPJKGQW9>