



WORKSHOP

Mental Health First Aid

Register today! mylearning.unt.edu

Select a session that fits your schedule!

Wednesday Class

Dec. 19, 2018, 9 a.m.–3:30 p.m.

Learning Portal #: UNT-MHFA18-1

Location: Chestnut Hall, Room 120A/B

Thursday Class

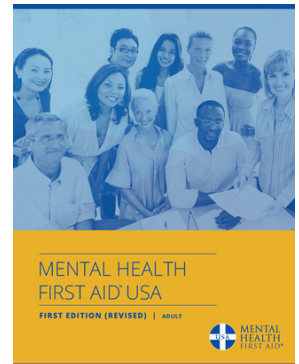
Jan. 10, 2019, 9 a.m.–3:30 p.m.

Learning Portal #: UNT-MHFA18-2

Location: Chestnut Hall, Room 120A/B

Course Description • Lunch will be provided

This one-day course teaches you how to identify and help someone who is developing a mental-health problem or experiencing a mental-health crisis. The training helps you identify, understand, and respond to signs of addictions and mental illnesses. Topics covered include anxiety, depression, psychosis, and addictions. Includes full color 100+ page resource manual.



Learning Objectives

Builds an understanding of the importance of early intervention.

Teaches participants how to offer initial help to a person experiencing a mental-health challenge.



Denton County
MHMR Center

Presenter: John Meredith, Program Manager Mental Health Projects
Sponsored and facilitated by Denton County MHMR

For more information about
UNT Mental Health Resources:
speakout.unt.edu

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Hurley Administration Building, Room 320B