



## MENTAL HEALTH FIRST AID

Recent times have taught us that mental health is just as important as physical health: 1 in 5 adults experience symptoms of a mental health challenge in any given year. Many train to handle a physical emergency through emergency CPR, AED, and First Aid—but bypass the need to train to respond to mental health challenges and emergencies. Mental Health First Aid Maryland is a nationally accredited course through the National Council for Mental Wellbeing, in conjunction with the Mental Health Association of Maryland. This course trains individuals to recognize and respond to the signs and symptoms of substance use, mental health challenges, and mental health crises in adults. It teaches participants how to appropriately express concern and link individuals in need of support to qualified care and can be implemented in one’s professional and personal life.

The course is taught through a blended learning model, with two hours of pre-course work followed by 6 hours of in-person or virtual instruction, and the certification is valid for three years.



### LEARN MORE!

Scan the QR code and watch our video to learn more about the team at Heart To Beat.

**HEART TO BEAT INSTRUCTORS HAVE REAL WORLD EXPERIENCE.**

*Prepare your company for an emergency today.*