Mental Health First Aid Training - Ready to Make a Difference?

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| **Mental Health First Aid Training - Ready to Make a Difference?** |

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Mental Health First Aid is a certification training that teaches you how to identify, understand and respond to signs of mental health challenges and substance use disorders. ﻿**This training covers:*** Common signs and symptoms of mental health and substance use challenges.
* How to interact with a person in crisis.
* How to connect the person with help.
* Trauma, addiction and self-care topics.

Session led by certified instructor Adam Theisen from the Minnesota Safety Council. Lunch included.  |

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| [**Mental Health First Aid Certification**](https://urldefense.com/v3/__https%3A/r20.rs6.net/tn.jsp?f=001ntGKqCX3VKiEY_9hH8_abBxd3KySV7_CCSXxrRE_fX1ot1znBCdW_iyjhAl-KT60vWqKIJ2k0UAShsSFCHnXKhncrwhglb6wlQnFgPU_dzA37NqrTJLlYQ1DrSI5hAfLSkfJYF8GLAgG5tcsaX1pmECbuUe57n9OvG8yRusZOJEUr9ijYm7OIhwE4Cg12bEIbtEA5dkHubmBE-DkW3umRvnnEXGCE6raIYfsKtLr-3ASEysJ6VxLJw==&c=GEwJBJFEeo20WSK_yMdTCBfgikNUM86xVLe49G7SqQhd2iXpgkZfNg==&ch=uqvpbbN_5XmyzlAaRbTLIHp3VSYW_gmeU86ziXVK8-LkXR0gV7bBwA==__;!!Pkd1Zg-VdQ!nxuzPXSehHUVPk_y0F2UZsyP1uBN3SigzAxQ_VFhedTLadJK-S6Z1eg0dGBjQx2eC81RgwHeRfmOaYjB7p3UXVJpFEC6$)**November 15** | 8:30 a.m. – 4:00 p.m. MSC Member: $195 | Nonmember: $250[**Learn more**](https://urldefense.com/v3/__https%3A/r20.rs6.net/tn.jsp?f=001ntGKqCX3VKiEY_9hH8_abBxd3KySV7_CCSXxrRE_fX1ot1znBCdW_ktINonQNoAD_DvvUjL4my1lHRPUGsDyPwFOeafZ6nMvCHVEqab28UWgj9-jhD8JQXmr05rXOWGMoqj2sEI6f9C4Bmb9EPVOS78tO5AWDlhi7zcvPs9VkTAkJGBPw8ZOiQ_cspZsAbP4DhNCd_vJZnjMRlnu2SNojXl3lF6F6ooP7D2YGw5a23F4QQxj2y6jaK1BMY2pSfS8PmN1cggDKFwOT15Uv7yDZX78Go6eN9JX&c=GEwJBJFEeo20WSK_yMdTCBfgikNUM86xVLe49G7SqQhd2iXpgkZfNg==&ch=uqvpbbN_5XmyzlAaRbTLIHp3VSYW_gmeU86ziXVK8-LkXR0gV7bBwA==__;!!Pkd1Zg-VdQ!nxuzPXSehHUVPk_y0F2UZsyP1uBN3SigzAxQ_VFhedTLadJK-S6Z1eg0dGBjQx2eC81RgwHeRfmOaYjB7p3UXfg3paKa$) **and** [**register**](https://urldefense.com/v3/__https%3A/r20.rs6.net/tn.jsp?f=001ntGKqCX3VKiEY_9hH8_abBxd3KySV7_CCSXxrRE_fX1ot1znBCdW_iyjhAl-KT60vWqKIJ2k0UAShsSFCHnXKhncrwhglb6wlQnFgPU_dzA37NqrTJLlYQ1DrSI5hAfLSkfJYF8GLAgG5tcsaX1pmECbuUe57n9OvG8yRusZOJEUr9ijYm7OIhwE4Cg12bEIbtEA5dkHubmBE-DkW3umRvnnEXGCE6raIYfsKtLr-3ASEysJ6VxLJw==&c=GEwJBJFEeo20WSK_yMdTCBfgikNUM86xVLe49G7SqQhd2iXpgkZfNg==&ch=uqvpbbN_5XmyzlAaRbTLIHp3VSYW_gmeU86ziXVK8-LkXR0gV7bBwA==__;!!Pkd1Zg-VdQ!nxuzPXSehHUVPk_y0F2UZsyP1uBN3SigzAxQ_VFhedTLadJK-S6Z1eg0dGBjQx2eC81RgwHeRfmOaYjB7p3UXVJpFEC6$) **by Monday, Nov. 6!***\*Attendees must complete 1-2 hours of self-paced pre-work prior to attending this training.* |

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| **Questions?** Contact Riley at riley.mcginnity@mnsc.org or 651-228-7319. |

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