

MENTAL HEALTH FIRST AID



What Is It?

Mental Health First Aid gives your team the skills to recognize warning signs early, respond effectively, and connect colleagues to the right support. This practical, evidence-based training helps organizations build resilience, strengthen psychological safety, and foster inclusive leadership.

Event Details:

 Thursday, May 14, 2026

 9:00AM – 5:00PM

 Westfield Washington Public Library – 17400 Westfield Blvd, Westfield, IN 46074

**Note: See QR code for additional dates. Participants are required to complete a 2-hour online component prior to the in-person training.*

What You'll Gain:

- A clear, repeatable response framework
- Real-world de-escalation techniques
- Tools for supportive conversations
- Confidence in how to help
- A certificate of completion

Learn More:



*FREE to attend;
registration required*

Offered through: