



# MENTAL HEALTH FIRST AID CERTIFICATION TRAINING



## WHAT:

8- hour certification training that teaches you common signs and symptoms of mental health and substance use challenges; how to interact with a person in crisis; how to connect a person with help; and content on trauma, substance use, and self-care.

## WHO:

- Family Members
- Employers
- Police Officers
- Hospital Staff
- First Responders
- Caring Individuals

## WHY:

Mental Health First Aid (MHFA) teaches you how to identify, understand, and respond to signs of mental health and substance use challenges.

## WHEN & WHERE:



### DATE

**Saturday  
November 18, 2023**



### TIME

**9:00AM - 5PM**



### LOCATION

**Best Self Behavioral Health, Inc.  
768 Delaware Ave.  
Buffalo, NY 14209**



**TO REGISTER OR FOR  
INFORMATION, VISIT  
[HTTP://TINY.CC/FNS9VZ](http://tiny.cc/fns9vz),  
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