# Mental Health First Aid

Mental Health First Aid (MHFA) is a globally recognized program that teaches you how to recognize when someone may be struggling with their mental health and how to offer initial support during tough times. This training empowers you to handle sensitive situations with confidence, building stronger connections and contributing to a more compassionate community.

## The next training session is...

Date:

Time:

Location:

Notes:

**Opening Minds**

To learn more about Mental Health First Aid, visit openingminds.org