

Someone you know could be experiencing a mental illness or crisis.

You can learn to help them.



Mental Health First Aid Classes are available virtually from 11:00-5:00 on the following dates. The classes are free, but preregistration and prework are required. Registration must be completed two weeks prior to class date. To register, visit www.chesterfield.gov/889. For more information contact Rebecca Lint at campbell@chesterfield.gov or 717-6635

January 27th
February 24th
March 24th
April 21st
May 26th
June 23rd

Mental Health First Aid teaches a 5-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in crisis, and connect them with the appropriate professional, peer, social or self help care.

