

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 9:00-3:30 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 lintr@chesterfield.gov or 717-6635

March 3rd
May 5th
July 14th

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.



This course, valued at \$170 per learner, is available at no charge to learners due to funding provided by Virginia Department of Behavioral Health & Developmental Services.

