

Darienite

News for Darien

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You Can Register Now for a Mental Health First Aid Course in Darien — Seating Limited to First 30

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You can take a Mental Health First Aid course in Darien on Friday, Sept. 27 at [Darien EMS](#). The course is designed for the general public, as well as those involved in any of the healthcare and first responder fields.

But if you decide to register, do it early — seating is limited to the first 30 who sign up. (See the end of this article for more details.)

— *information in this article is from state Rep. Terrie Wood's newsletter and an [online description](#) of the course.*

What Mental Health First Aid Training Is

This Mental Health First Aid course is an interactive experience that will give you key skills to help anyone

developing a mental health problem, or experiencing a mental health crisis.

The eight-hour certification course is intended to help individuals and communities better understand mental health issues and respond accordingly to others who may be experiencing distress.

Similar to CPR training that helps a non-medical professional assist an individual following a heart attack, mental health first Aid training helps an individual who doesn't have clinical training assist someone experiencing a mental health crisis.

About the Program

"Mental health first aiders" learn:

- The prevalence of mental illnesses in the U.S.
- The potential warning signs of the most common mental health disorders.
- A five-step action plan to assist an individual in crisis.
- Resources available to help someone with a mental health problem.

The Instructor

Dawn Roy, a licensed clinical social worker, is in private practice in Fairfield, serving the mental health needs of the community.

She has been a mental health first aid instructor since 2009 providing over 100 training courses throughout Fairfield County and elsewhere in the state.

"I've taken the course myself twice and found it to be both informative and helpful," state Rep. Terrie Wood said in a recent email. "The instructor, Dawn Roy, is widely well-regarded and an excellent teacher."

Who Should Take Mental Health First Aid Training?

- primary care professionals;

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—school personnel, nurses and educators;

—case management staff, shelter workers

—nursing home staff;

—employers, human resources professionals and business leaders;

—state policymakers, volunteers, and the general public.

The Nitty Gritty:

- **WHEN:** Friday Sept. 27 , 2019, 8:30 a.m. to 4:30 p.m.
- **WHERE:** Hosted at Darien EMS-Post 53, [0 Ledge Road, Darien](#)
- **Seating is limited to the first 30 registrants**
- Fee for course: \$25
- **To register or for more information** contact: dawnmroylcsw@gmail.com or 203-331-7458
- Includes 3-year **certification** in MHFA, MHFA manual, handouts / certificate. Lunch will be provided.