Phyllis Finley with Denton County MHMR Presents a virtual Mental Health First Aid workshop. This one-day course teaches you how to identify and help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps you identify, understand, and respond to signs of addictions and mental illnesses. Topics covered include anxiety, depression, psychosis, suicide, and addictions.

TOPICS COVERED INCLUDE:
- Anxiety
- Depression
- Psychosis
- Suicide
- Addictions

ADDITIONAL INFORMATION
- Participation in this virtual workshop requires 2 hours of pre-work
- The registration deadline is 3 weeks prior to the session due to coordinating requirements and to allow time for pre-work
- Sessions with fewer than 5 participants will be canceled

For more information about UNT Mental Health Resources: speakout.unt.edu

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