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Adult Mental Health First Aid-Virtual

Date and Time

Wednesday 10/28/2020 8:00am to 2:00pm

Event URL

<https://www.brbh.org/>

Event Region

Roanoke Valley

Event Type

Webinar

Event Cost

\$0.00

Event Description

Mental Health First Aid. October 28th or November 7th -- Free Virtual Training 8AM-2PM hosted by Blue Ridge Behavioral Healthcare. You must complete a 2-hour self-paced course before the virtual training. Only 20 seats available, sign up today!

Mental Health First Aid is a course that teaches you how to identify, understand, and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis. To register: October 28th Class: <https://www.eventbrite.com/e/121657582103>; November 7th Class: <https://www.eventbrite.com/e/121657794739> Call Sheila at (540) 982-1427 or email slthgoe@brbh.org with questions.