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supports and services
THAT FOSTER self-determination.

1/25/21

Upcoming Trainings Available

Psychological First Aid Training

Monday, February 8th, 2021 from 1pm to 4pm
Wednesday, February 10th, 2021 from 1pm to 4pm
(You must attend both days in order to receive certification of the training)

Psychological First Aid (PFA) is an evidence-informed modular approach to help individuals of all ages in the immediate aftermath of disaster and terrorism.

The training is free and will be held virtually. Deadline for registration is January 31. [Click for more information about the training.](#)

Mental Health First Aid Training

Mental Health First Aid teaches you to recognize signs and symptoms of mental health and substance use challenges. It will prepare you to help a family member, friend, co-worker, or neighbor. This interactive training is being brought to Missourians at no charge by Missouri's Department of Mental Health.

[Click for more information.](#)

www.dmh.mo.gov/dd
573-751-4054

MISSOURI DEPARTMENT OF MENTAL HEALTH