



# FREE TRAINING

Certification costs are covered  
by B-Healthy: Healthy Campus Initiative

## **Mental Health First Aid Certification**      **Nov. 17**

Mental Health First Aid (MHFA) teaches individuals how to **identify, understand** and **respond** to signs of mental illnesses and substance use disorders.

Learn skills needed to provide initial help and support to those who may be developing a mental health issue, substance use problem, and/or are experiencing a crisis.

**REGISTER BY EMAIL**  
**[bhealthy@binghamton.edu](mailto:bhealthy@binghamton.edu)**

Includes a pre-course online and 6-8 hours of in-person training. Completion of the training equals a 3-year certification.