

Mental Health First Aid Trainings

Category: Mental Health and Wellness | Vocational Training/Trade Schools

Location

Website

<https://www1.nyc.gov/site/doh/health/health-topics/mental-health-first-aid.page>

Email

thriveoutreach@cityhall.nyc.gov

Description

Mental Health First Aid Trainings, a ThriveNYC Initiative, offers free classes that provide proven practices that help individuals recognize the early signs and symptoms of mental illness and substance misuse. Trainees will learn how to listen without judgement, and respond to and help someone in distress until they can get the professional care they may need.

After completing the training, trainees receive a three-year certification in Mental Health First Aid. Each course lasts eight hours. Courses are available in English, Spanish and Mandarin. There are a variety of courses available with different focuses (some courses may only be available upon request) including, but not limited to the following:

• Adults

• Youth

• Veterans

• Older Adults

• Higher Education

• Public Safety

HAVE MENTAL HEALTH FIRST AID TRAININGS BEEN SUSPENDED DUE TO COVID-19? Many services have been suspended or moved online. For a comprehensive overview of NYC's response to COVID-19, please visit "[NYC COVID-19 Citywide Information Portal](#)."

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