



ncaeyc

North Carolina Association for
the Education of Young Children



NCAEYC is offering ECEs statewide opportunities to become certified in **Mental Health First Aid.**



Mental Health First Aid is the initial help offered to a person developing a mental health or substance use problem, or experiencing a mental health crisis. The first aid is given until appropriate treatment and support are received or until the crisis resolves. **Early childhood educators have a unique and important role in preparing to serve as a first responder to mental health and well-being issues in the lives of children and adults.**

Participants will learn about:

- Risk factors and warning signs of mental health problems
- Depression, anxiety, trauma, psychosis and substance use
- A 5-step action plan to help someone who is developing a mental health problem or is in crisis
- Accessing evidence-based professional, peer and self-help resources

Participants will earn:

- Certification through [Mental Health First Aid USA](#); valid for three years and renewable
- NCDCDEE Contact Hour Credits awarded by NCAEYC for training completion

**Your trainer will be an
MHFAUSA Certified Trainer.**

All Training times are **8:30 am – 5:30 pm**

You must be present for the entire training to receive certification.

Check-in and light refreshments begin at 8:00 am.

Bring your own lunch, or local options also available.

Space limited to 30 attendees per event

REGISTER FOR AN EVENT NEAR YOU AT:

ncaeyc.org/training

For questions or additional information about registering, or to learn more about hosting an event, contact us at generalinfo@ncaeyc.org.