

Free Mental Health First Aid Classes Offered May 19th

by Nancy King

Southeast Health Group will be offering free Mental Health First Aid (MHFA) classes in La Junta on Tuesday, May 19th from 8:00 AM to 5:30 PM.

Mental Health First Aid (MHFA) is an 8-hour course that teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis.

The training helps you identify, understand, and respond to signs of mental illnesses and substance use disorders in your friends, family members, co-workers and acquaintances.

“We will be offering both Youth MHFA and Adult MHFA as part of a statewide initiative. Our goal is to have 40 people trained in one day in our region,” said Sarah Voigts, MHFA Instructor. The session designed to help you work effectively with youth will be held at Otero Junior College’s Student Center Conference Room #120 at 2001 San Juan Avenue. The session specific to helping adults will be held at the Arkansas Valley Regional Medical Center (AVRMC), MEC Room 3, at 1100 Carson Avenue.



For over a century, Red Cross First Aid and CPR classes have been successful in teaching the public how to respond to physical injuries. Now, Mental Health First Aid classes are available to teach people how to respond to psychological distress, like depression, anxiety, substance abuse or eating disorders. Mental Health First Aid skills can be applied anytime, anywhere, and to anyone in distress.

“We encourage the general public to attend this training,” said Voigts, “and it is especially helpful to people who are involved in schools, law enforcement agencies, and church communities.” These courses are being provided at no cost to participants thanks to generous state, federal, and public funding awarded to Mental Health First Aid Colorado.

To sign up for a free Mental Health First Aid class, go to www.mhfaco.org/find-a-class, or call 1-800-511-5446 for more information.