



Spring 2025 Mental Health First Aid Classes

CHLT 2000 Adult Mental Health First Aid

This course teaches you how to identify, understand and respond to signs of mental illness and substance use disorders. This training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care. 8 Contact Hours (including 2 hours of required pre-work).

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| CHLT-2000-4ON01 | June 4th (Deadline to register: May 21st) | Online | 8:30 am - 3:00 pm | \$0 Tuition |
| CHLT-2000-4ON02 | June 6th (Deadline to register: May 22nd) | Online | 8:30 am - 3:00 pm | \$0 Tuition |
| CHLT-2000-4ON03 | June 13th (Deadline to register: May 29th) | Online | 8:30 am - 3:00 pm | \$0 Tuition |
| CHLT-2000-4ON04 | June 16th (Deadline to register: June 2nd) | Online | 8:30 am - 3:00 pm | \$0 Tuition |

CHLT 2001 Youth Mental Health First Aid

This course teaches you how to identify, understand and respond to signs of mental illness and substance use disorders in youth. This 6-hour training gives adults who work with youth, the skills they need reach out and provide initial support to children and adolescents (ages 6-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care. appropriate care. 6 Contact Hours (including 2 hours of required pre-work)

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| CHLT-2001-4ON01 | June 26th (Deadline to register: June 12th) | Online | 8:30 am - 1:00 pm | \$0 Tuition |
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For more information, contact TVCC Adult and Continuing Education at 903-675-6212 or email conted@tvcc.edu



903-675-6212 conted@tvcc.edu www.tvcc.edu/continuing-education

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