



Loudoun County, Virginia

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NEWS RELEASE

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Seats Available in Upcoming Mental Health First Aid Classes

Anyone interested in having a better understanding of mental illness and how to help those experiencing a mental health challenge is encouraged to attend an upcoming Mental Health First Aid class offered by the Loudoun County Department of Mental Health, Substance Abuse and Developmental Services. Similar to a medical first aid class, Mental Health First Aid prepares participants to interact with someone who is in crisis and connect that person with help.

There are two versions of the program, one for adults who interact with young people and one for adults in general.



- **Youth Mental Health First Aid** focuses on the unique risk factors and warning signs of mental health problems in adolescents, the importance of early intervention and how to help an adolescent who is in crisis or experiencing a mental health challenge.
- **Adult Mental Health First Aid** introduces participants to common risk factors and warning signs of mental illness, including anxiety, depression, substance abuse, bipolar disorder, eating disorders and schizophrenia, and how to offer initial help to someone in a mental health crisis.

Classes are offered to the public at no-cost throughout the year. Each eight-hour course is taught over a two-day period. The next sessions are:

- **Youth Mental Health First Aid:** February 26 and 28, 2019, 9:00 a.m. to 1:00 p.m.
- **Adult Mental Health First Aid:** March 4 and 8, 2019, 9:00 a.m. to 1:00 p.m.

More information, including course descriptions and information on how to register, is online at www.loudoun.gov/mhfirstaid.

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