

# Community Education



Mental Health Connecticut (MHC) is committed to advancing the mental health and wellness movement. To this end, MHC offers educational opportunities designed to further understanding of mental health and combat the discrimination associated with mental health conditions.

## MHC's community education offerings include:

- **Mental Health First Aid**  
Mental Health First Aid is a public education program for adults designed to increase knowledge of and modify attitudes toward behavioral health issues, including how to respond to individuals who are experiencing an acute mental

health crisis or are in the early stages of one or more chronic mental health problems. With certified instructors on staff, MHC can offer Mental Health First Aid trainings by request.

- **Educational Workshops**  
Educational Workshops provide an opportunity for MHC staff to offer one-hour educational sessions on topics related to mental health and wellness. Opportunities include but are not limited to: Managing Stress in the Workplace, The Sandwich Generation: How to Effectively Manage Raising Children and Caring for Aging Parents, Planning for Life in Retirement, and Tips and Tricks that Promote Overall Health and Wellness. Workshops can be offered anywhere, including businesses, health and wellness fairs, civic group events, and schools.

**For more information or to book your Community Education event today, please call 203-757-8153.**

