

# Mental Health First Aid Trainings

The Vermilion County Mental Health 708 Board is offering Mental Health First Aid Trainings in both the adult and youth curriculums. These trainings are FREE of charge to anyone who wishes to attend regardless of your residency. Everyone is welcomed!

The Youth Curriculum is for adults that have children/ siblings, work with youth, or just know a young person. The Adult Curriculum is for anyone over the age of 18. YMHFA/MHFA teaches you how to identify, understand, and respond to signs of mental health and substance use challenges.

If you have a group of 5 or more, you can schedule your own personal training. The Vermilion County Mental Health 708 Board host trainings every month. They begin at 8:30 A.M. Central Time. They are located at the Vermilion County Health Department 200 South College Street Danville, IL 61832.

	2024	
	YMHFA	MHFA
January	17	24
February	21	28
March	20	27
April	17	24
May	8	15
June	12	26
July	17	24
August	21	28
September	18	25
October	16	23
November	13	20
December	11	18

If you are interested in attending, please call, text, or email Beth Bray Knecht at **217-516-2298** or [bethbrayknecht16@gmail.com](mailto:bethbrayknecht16@gmail.com). You may also reach out to Jim Russell at **217-443-3500**.

*Depression and the work force: Over 30 million Americans are affected yearly by depression. The annual cost to the economy is BILLIONS of DOLLARS – the cost to the human suffering is immeasurable.*

This training makes a difference!