

BROOKLAND-LAKEVIEW MENTAL HEALTH AWARENESS TRAINING INITIATIVE

Mental Health First Aid is a course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders, and it is now being offered at the Brookland-Lakeview Empowerment Center or can be offered at your worksite. This training provides the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.

PROGRAMS OFFERED:



Mental Health First Aid for Adults



Youth Mental Health First Aid



Mental Health First Aid for Teens

■ REGISTER FOR A FREE COURSE

■ EARN YOUR MENTAL HEALTH FIRST AID CERTIFICATE

For more information and to register, visit brooklandlakeview.org/mhfa-training

Training Site Location and Contact Information:
Brookland-Lakeview Empowerment Center (BLEC) 1218 Batchelor Street
West Columbia, S.C. 29169 | mentalhealth@brookland.cc

Mr. Reginald Rearden, Project Coordinator
Office: (803) 744-1961 | Cell: (803) 351-2881
mentalhealth@brookland.cc | rrearden@brookland.cc

Dr. Cindye Richburg Cotton, Project Director
Office: (803) 744-1975 | Cell: (803) 747-3519
mentalhealth@brookland.cc | crichburgcotton@brookland.cc

