



TRINITY VALLEY  
COMMUNITY COLLEGE  
ADULT & CONTINUING EDUCATION

## FALL 2024 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).

CHLT 2000 10N01	September 5th (Deadline to register: August 22)	Online	8:30 am - 3: 00 pm	\$0 Tuition
CHLT 2000 10N02	September 20th (Deadline to register: September 6)	Online	8:30 am - 3: 00 pm	\$0 Tuition
CHLT 2000 10N03	September 25th (Deadline to register: September 11)	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)

CHLT 2001 10N01	September 11th (Deadline to register: August 28)	Online	8:30 am - 1: 30 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](mailto:conted@tvcc.edu)

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