Mental Health First Aid

Mental Health First Aid (MHFA) is a training program that teaches individuals of the public on early intervention on mental health. Individuals will learn how to recognize the signs and symptoms that suggest a mental health challenge, how to listen non-judgmentally, give reassurance, and how to refer a person to appropriate professional support and service.

No Charge to the Public

LOCATION

Portsmouth Department of Behavioral Healthcare Services Prevention Unit

1811 King Street • Portsmouth, VA 23704

For more information, please contact us.
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THE CITY OF
PORTSMOUTH