



Mental Health First Aider Online Support Session

WHO SHOULD ATTEND:

CERTIFIED MENTAL HEALTH FIRST AIDERS ONLY

FACILITATED BY:

The LightHouse Arabia MHFA Instructors

WHAT:

- This is a Free-of-cost support session for individual's who have been trained by The LightHouse in *Adult* or *Adolescent* MHFA.
- The session will offer support to Certified Mental Health First Aiders
- De-brief & reflect on first-aid situations you've experienced
- Ask MHFA Instructors any questions you may have



**MENTAL
HEALTH
FIRST AID**
UNITED ARAB EMIRATES

*Mental Health for
Everyone, Everywhere*

FREQUENCY

Monthly (on a Wednesday)

TIME

6pm - 7pm

RESERVATIONS:

lighthousearabia.com/events

LOCATION:

This is an online group. A link to the Zoom meeting will be sent following event registration.

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