

Virtual or In Person

Adult or Youth MENTAL HEALTH FIRST AID COURSES



Get your 3 year certification

Take the next step on your journey towards becoming a certified Mental Health First Aider with this highly acclaimed training course. Empower yourself with practical skills to provide support and understanding to those experiencing mental health challenges.

ADULT MHFA

- Identify the impact of mental health challenges on the well-being of adults.
- Recognize the potential risk factors and warning signs for various mental health problems.
- Use a 5-step action plan to help adults in crisis and non-crisis situations and connect with appropriate help.

YOUTH MHFA

- Recognize the signs and symptoms of mental health challenges that may impact youth.
- Explain the role of resilience on adolescent development.
- Use a 5-step action plan to help teens in crisis and non-crisis situations and connect with appropriate help.

TWO OPTIONS FOR ATTENDING THE COURSE:

	OPTION #1: REGISTER FOR AN UPCOMING PUBLIC COURSE	OPTION #2: REQUEST A PRIVATE COURSE FOR YOUR COMPANY
AUDIENCE	Open to participants from around the globe	Requested by company, closed to the public
FACILITATION	Live interactive training	Live interactive training
DATE AND TIME	8:00a-2:00p Pacific Time Our course dates are updated on our website.	Date/time selected by company to meet team needs
LENGTH	1-2 hr virtual pre-course work and 5-6 hour live session	8 hour course may be delivered in one or multiple sessions
CLASS SIZE	7-30 participants	10-30 participants
PRICE (VIRTUAL)	\$129 per person	\$170 per person (group discount of \$159 for 20+ attendees)
PRICE (IN-PERSON)	N/A	\$170 per person <small>*Plus \$650 travel day rate & hotel, car, airfare reimbursement for training outside of Phoenix, AZ</small>
NEXT STEPS	Register at beneaththebrave.com/mhfa	Email Erin Callinan at erin@beneaththebrave.com

VIRTUAL MATERIALS INCLUDED IN BOTH PUBLIC AND PRIVATE COURSES:

● Online Pre-Course work through MHFA Connect

● Participant Processing Guide Workbook (PPG)

● Mental Health First Aid Manual (300+ pages)

● National Referral and Resource List

● Self Care Action Plan

● 3 Year Certificate of Completion

OPTIONAL MHFA COURSE MATERIALS:

Individuals or companies may order physical copies of the MHFA Manual (\$27) and/or the Participant Workbook (\$19).

FOR MORE INFORMATION, PLEASE CONTACT:

Erin Callinan, MSW, Mental Health First Aid Instructor

Founder of Beneath The Brave

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BENEATH
THE BRAVE

 **Mental Health FIRST AID**
from NATIONAL COUNCIL FOR MENTAL WELLBEING

Meet **your facilitator!**

Erin Callinan, MSW brings with her 15 years of leadership experience in the field of mental health training, advocacy, workplace development, and crisis intervention. She is the Founder of Beneath The Brave and a nationally recognized speaker, published author, entrepreneur, and peer who is successfully living with bipolar disorder.

Beneath The Brave helps companies and corporations enhance employee mental health through comprehensive training programs. Erin developed the cutting edge “Leading From the Top” workplace training program which equips business leaders with skills and strategies to create mentally healthy workplace cultures. In 2013, Erin published the book, *Beautifully Bipolar: An Inspiring Look Into Mental Illness*, and began her career in mental health advocacy and motivational speaking.

Erin is a Nationally Certified Instructor for both Adult/Youth Mental Health First Aid Courses and QPR Suicide Prevention Gatekeeper Trainings. She is the Board President of MIKID, the largest family run mental health non-profit in Arizona which provides support groups, counseling, and education to children, teens, and young adults living with mental health conditions.

Prior to launching her business, Beneath The Brave, Erin was the Executive Director of Mental Health America of Arizona and worked in legislative advocacy for mental health parity and suicide prevention. In 2016, Erin proudly received the Emerging leader of the Year award from National Association of Social Workers while earning her Masters in Social work from ASU.



Erin spent 7 years as the Director of Domestic Violence Response Initiatives at the AZ Coalition to End Sexual and Domestic Violence and was Shelter Manager of a domestic violence crisis shelter prior to that.

For 15 years, Erin has been facilitating training across the country at corporate conferences, prisons, psychiatric hospitals, police headquarters, military bases, and global HR events to over 60,000 people. Her proudest role is being a Mentor for the last 10 years at New Pathways for Youth.

Erin Callinan, MSW, Consultant, Speaker, Author
Founder of Beneath The Brave

Testimonials



-Jennie Tis, Philadelphia, PA

"Fantastic course for anyone interested in learning how to be a better helper in today's world. Great class, highly motivated instructor, great interaction with participants. Gained needed knowledge and very appreciative of it."



-Murray Inman, Vice President, Ability Maricopa Employees with Disability Advocacy Group, Phoenix, AZ

"I've been in many roles in education over 30 years and have seen good instructors and some that are still figuring it out. Erin is one of the best ones I have seen. She does a really great job of recognizing the comments and input of her students and making them feel like they truly contributed value to the class. She made it all feel smooth and practiced. Erin's class is very high value and worth every minute of time."



-Chris Cartier, Director, Outdoor Gear Exchange, Burlington, VT

"I have more confidence of how to proceed in helping someone in mental distress and now know how to effectively help/assist them."

Testimonials



-Pamela Harris, Talent & Organizational Development Manager, SLR, Chesire, CT

"This is the most important course you will ever take providing valuable life lessons to support your community."



Kelly Carbello, MSW, National Alliance on Mental Illness Arizona Valley of the Sun Board Member

"Erin Callinan is an amazing presenter/facilitator of the Mental Health First Aid class. She calms any hesitancy to those that have no experience in this arena and encourages those with experience that there is always more to learn.

She exudes a great aura of confidence with the material she is teaching and responds well to all concerns or questions raised by the class members. Furthermore, she gave the class ample and appropriate time to share and ask questions.

Erin creates a nurturing, open and productive class with real tactical tools and resources. I would highly recommend her to peers and colleagues for presentations."



Testimonials



**Todd Colston, Founder & CEO, Rank
Beast, Denver, CO**

"Anyone from all walks of life would value in learning how to be a MHFA. It's a sure way to crush the stigma around mental health and mental illness. The education material covering what's appropriate and what's not would help so many people. Ultimately, the training helps others to non-judgmentally view all humans."



**Shantrie Collins, Public Services Librarian,
City of Auburn, AL**

"The ALGEE Mental Health Action Plan was most helpful in addition to the videos highlighting how to work through various mental health challenges. The acronym is simple to remember and easy to apply the steps necessary in various situations. This training minimizes the pressure that we as first aiders have the knowledge of a professional. We are intermediaries in the early intervention stage. We are first aiders, not cape crusaders, :)! I have plans to contact local professionals to create resources lists for our public library."

