Mental Health First Aid

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Mental Health First Aid USA is an evidence-based training that helps trainees identify, understand, and respond to signs of mental illnesses and substance use disorders. It teaches participants how to help someone who is developing a mental health problem or experiencing a mental health crisis.

This course is intended for anyone- you do not need to have any mental health training to participate. It is meant to teach the layperson how to respond a situation where an adult or young person is experiencing a mental health problem or crisis.

The Adult Mental Health First Aid course is appropriate for anyone 18 years and older who wants to learn how to help a person who may be experiencing a mental health related crisis or problem. Topics covered include anxiety, depression, psychosis, and addictions.

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.
Register for a course
Youth and Adult Mental Health Aid is available in the following formats:

Youth Mental Health First Aid
- 8 Hour In-Person Training
- 2 Hour Asynchronous Training + 5-6 Hour Virtual Training (Blended Virtual)
- 2 Hour Asynchronous Training + 5-6 Hour In-Person Training (Blended In-Person)

Adult Mental Health First Aid
- 8 Hour In-Person Training
- 2 Hour Asynchronous Training + 5-6 Hour Virtual Training (Blended Virtual)
- 2 Hour Asynchronous Training + 5-6 Hour In-Person Training (Blended In-Person)

MHFA is available in BCPS through the Office of School Climate. Trainings are posted on the BCPS registration website. For information about signing in to the system please review the Professional Development Opportunities Webpage.