

FREE MENTAL HEALTH FIRST AID TRAINING



- Just as CPR prepares you to help someone having a heart attack, Mental Health First Aid teaches you how to assist someone experiencing a mental health or substance use challenge or crisis.
- This FREE, full-day training is designed for farmers, agribusiness workers, and anyone who lives in or serves rural communities—including civic and faith leaders, healthcare providers, and neighbors.
- Now more than ever, these skills are essential. Join us to build your confidence in recognizing the signs of a challenge or crisis and offering meaningful support.
- Participants who complete the course will receive a certificate of completion.
- The training includes a 30-minute lunch break and several short breaks throughout the day. Lunch and refreshments will be provided at no cost.
- For more information, visit www.mentalhealthfirstaid.org

► *Seating limited to 30 attendees and we expect this will be fully booked, register today! **Registration ends 10/9/2026***

Once fully registered, participants will receive access to a 2-hour, self-paced e-learning module and quiz that must be completed before the in-person MHFA training. For FAQs about this requirement, see https://www.mentalhealthfirstaid.org/wp-content/uploads/2023/09/MHFA-at-Work_Certification-FAQs-for-participants.pdf

Cornell Cooperative Extension
Chemung County



This course is valued at \$170. This training is supported by a grant of the Mother Cabrini Health Foundation, so that learners may attend at no charge.

WHEN

October 23, 2026
8:30 a.m. – 5:00 p.m.

WHERE

**Chemung Innovation
Center**
71 North Street,
Chemung, NY 14825

REGISTER

Scan the QR code below or visit
cals.cornell.edu/nyfarmnet/trainings-events
or call 1-800-547-3276

