



The Maryland Institute for Emergency Medical Services Systems (MIEMSS) and Mental Health Association of Maryland (MHAMD) are partnering to offer free Mental Health First Aid courses to 400 first responders.

This partnership will help our heroes to continue to be the difference, saving lives one conversation at a time.

LUTHERVILLE-TIMONIUM, February 2022 – The Maryland Institute for Emergency Medical Services Systems (MIEMSS) is engaged in a multi-year initiative with the Mental Health Association of Maryland (MHAMD) to launch a series of Mental Health First Aid (MHFA) certification courses to first responders, statewide. The 8-hour course is valued at \$150 per person, and is being offered to first responders at no cost through funding provided by the Maryland Department of Health’s Behavioral Health Administration. The courses may be delivered in-person, virtually, or via a blended combination of both. The trainings will be facilitated by dozens of Mental Health First Aid instructors throughout Maryland.

Since the pandemic began, hundreds of agencies across the state have responded to the increased mental health challenges experienced by Marylanders by offering the MHFA course to their staff. Participants learn to identify the signs and symptoms of common mental illnesses and substance use disorders. Mental Health First Aiders are equipped with an action plan to respond effectively to an individual experiencing an emerging mental health challenge or crisis.

Now through June 30, 2022, MIEMSS will sponsor training for 400 first responders in Maryland. Successful completion of the 8-hour course participants will enable participants to receive a nationally recognized certification from the National Council for Mental Wellbeing (NCMW). Participants will:

- Increase their mental health literacy
- Increase their confidence in providing support to someone in distress
- Increase their knowledge of professional and self-help resources
- Decrease stigma associated with mental health concerns and responses

First responders can register for a course individually, or stations and departments can request to have their members/employees trained as a group. For more information on how to register for a class or request a group training, contact Jevon Billups at dominionservicesolutions@gmail.com or 571-378-3030 (phone/text). To reach the Mental Health First Aid Maryland team, contact Indu Radhakrishnan at iradhakrishnan@mhamd.org or 443-901-1550 ext. 228 (phone).