

Korean-Language Training

Mental Health

First Aid



Date 2026.08.08 (Saturday)

Why

Learn Mental Health First Aid & Support Those You care about

Mental health matters as much as physical health.

MHFA training teaches you how to recognize, understand, and respond to mental health challenges.

Info

- **Target Audience:** Adults
- **Date:** Saturday, Aug. 08, 2026
- **Time:** 9:30 AM – 2:00 PM (EST) | **Lecture**
2:00 PM – 6:00 PM | **Q&A, Self-study**
- **Location:** Zoom
- **Instructor:** Dr. Inkyu Moon
(Ph.D, LCSW, MHFA Instructor)
- **Fee:** Free of charge

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Mental Health First Aid Key Objectives

1. Recognize signs of mental health issues (depression, anxiety, suicide risk, substance use)
2. Respond to mental health crises using basic support and psychological first aid
3. Reduce stigma through awareness and empathy
4. Connect people to professional help, resources
5. Practice real-life scenarios and role plays



Certificate from National Council for Mental Wellbeing



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