

Mental Health First Aid for COVID-19 Online Course

American Red Cross is offering a **free** Mental Health First Aid for COVID-19 virtual course during the pandemic. The course content is based on guidance from the American Red Cross Scientific Advisory Council, the Center for Disease Control and Prevention (CDC), and the American Academy of Pediatrics (AAP). This online course is designed for **anyone** interested in learning techniques for supporting mental health.

The topics covered in the course include:

- Recognizing Stress in Adults, Teens and Children
- Practicing Mental Health First Aid
- Caring for Yourself
- Supporting Your Family
- Supporting Yourself and Coworkers at Work

Individuals may access and enroll directly in the course online by clicking [here](https://www.redcross.org/take-a-class/classes/mental-health-first-aid-for-covid-19-online/a6R3o0000014Zlg.html).

<https://www.redcross.org/take-a-class/classes/mental-health-first-aid-for-covid-19-online/a6R3o0000014Zlg.html>



**American
Red Cross**

