INDIANA: MHA to Offer Mental Health First Aid Training to Baristas, Bartenders, Hairdressers

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Kokomo Perspective [1]

Training in Mental Health First Aid is now available to baristas, bartenders, and hairdressers in Howard County, Indiana. Mental Health America's local chapter is offering the eight-hour training sessions in how to identify and assist people struggling with mental health issues. Staff in coffee shops, bars, and hair salons spend a lot of time talking with customers, so they are well-positioned to have caring conversations with those in distress. That is according to Brandi Christiansen, executive director of Mental Health America of North Central Indiana. “We’re hoping to create an entire community where people will know, ‘This is a safe place where I can go, and someone has been trained in mental health first aid,’” said Christiansen.

Spark Extra! Learn more about Mental Health First Aid [2].

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