



*Melissa Mitchell, QMHP, MS
Mental Health First Aid Instructor*

I've been a Mental Health First Aid Instructor since 2019 and have over 10 years of experience in working the children and their families in a mental health setting. I am currently certified to teach MHFA, Youth MHFA & Teen MHFA.

Mental Health is one of my passions. I believe it to be the foundation of our overall being. We all have mental health. It is important to be aware of our mental health as it can affect our everyday lives. It is important that we learn how to recognize, respond and understand mental health. Mental Health is something we all need to talk about.

Be part of the change!