



Mental Health FIRST AID
(from NATIONAL COUNCIL FOR MENTAL WELLBEING)

MENTAL HEALTH FIRST AID

LEARN HOW TO SUPPORT YOUR STUDENTS, STAFF, AND NEIGHBORS

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.

You'll build skills and confidence you need to reach out and provide initial support to those who are struggling. You'll also learn how to help connect them to appropriate support.

AFTER THE COURSE, YOU'LL BE ABLE TO:

- Recognize common signs and symptoms of mental health challenges.
- Recognize common signs and symptoms of substance use challenges.
- Understand how to interact with a person in crisis.
- Know how to connect a person with help.
- Use self-care tools and techniques.

Join the more than

2.6 MILLION

First Aiders who have chosen to be the difference in their community.

REGISTER TODAY!

Delivery Format:

Delivered in a blended format 2 hours of self-paced pre-work. In person, live and interactive 5.5 hour session

Date and Time:

November 26th (pre-registration required) 10am-4pm

Location: TBD or Will Be Given Upon Completion of Prework

To register email: brainandbodyevents@gmail.com

Learn how to respond with the Mental Health First Aid Action Plan (**ALGEE**):

- A**ssess for risk of suicide or harm.
- L**isten nonjudgmentally.
- G**ive reassurance and information.
- E**ncourage appropriate professional help.
- E**ncourage self-help and other support strategies.

PROFESSIONAL DEVELOPMENT



November 26th 10am-4pm