



Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING



MENTAL HEALTH FIRST AID

LEARN HOW TO SUPPORT YOUR FRIENDS, FAMILY 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:

Blended - 2 hours of self-paced, on-line content followed by 6.5 hrs of instructor led, in person training. There is no cost for this training. CEUs available for AHSR RNs, EMTs, and CNAs

Date and Time:

Apr 23, 2024, 8:45AM - 3:15PM (include 1/2 hour lunch and breaks)

Location:

Adventist Health, 1000 Greenley Rd. Sonora Conf Room 1 & 2

Where to Register:

<https://forms.office.com/r/G1Whjg2D1F>

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.

Adventist Health
Sonora



YES
Partnership
Because You Matter



For more information, visit MHFA.org