



# MENTAL HEALTH FIRST AID



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Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders. This training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care.

## Three Learning Options:

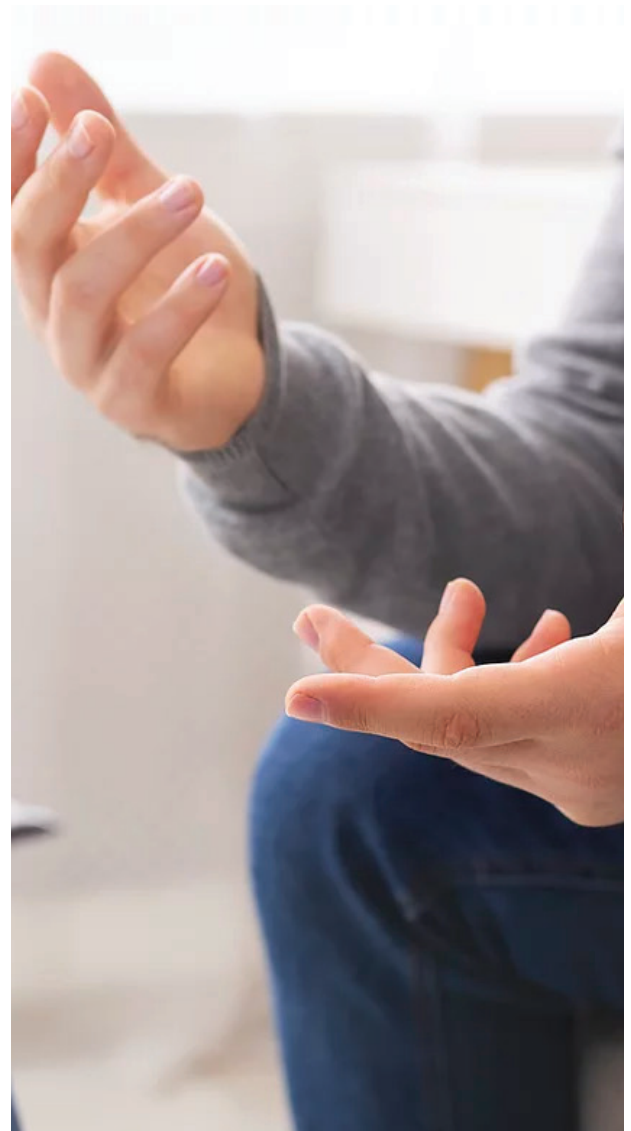
- **Virtual.** First aiders will complete a 2-hour, self-paced online class, and then participate in a 5.5-hour, instructor-led video conference.
- **Blended Learning.** After completing a 2-hour, self-paced class, first aiders will participate in a 4-hour, in-person, instructor-led class.
- **In-person.** First aiders will receive their training as an 8-hour, instructor-led, in-person course.

## What it Covers:

- Common signs and symptoms of mental illness.
- Common signs and symptoms of substance use.
- How to interact with a person in crisis.
- How to connect the person with help.
- Expanded content on trauma, addiction & self-care.

## 2021 Dates:

- February 10
- February 24
- March 10
- March 24
- April 7
- April 21
- May 5
- May 19
- June 2
- June 16
- June 30



NEED MORE INFO OR ASSISTANCE:

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