

# MENTAL HEALTH FIRST AID

These trainings are **FREE** to the community.



## LEARN HOW TO SUPPORT YOUR COMMUNITY

Be part of the millions of  
First Aiders who have  
chosen to be the  
difference in their  
community.

### YOUTH MENTAL HEALTH FIRST AID

**Youth MHFA** is an 8-hour training that introduces participants to unique risk factors and warning signs of mental health problems in adolescents, builds an understanding of the importance of early intervention, and teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge.

#### Learning Outcomes

- Learn to support youth developing signs and symptoms of a mental illness or in an emotional crisis.
- Learn risk factors and warning signs of a variety of mental health challenges common among adolescents.

### ADULT MENTAL HEALTH FIRST AID

**Adult MHFA** is an 8-hour training that introduces participants to risk factors and warning signs of mental illnesses, builds an understanding of their impact, and overviews common supports. Course uses role-playing and simulations to demonstrate how to offer initial help in a mental health crisis.

#### Learning Outcomes

- Know how to interact with a person in crisis.
- Learn the common risk factors and warning signs of mental health challenges.

### 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



Scan the QR code to register  
or for more information