



**Mental Health FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING



# MENTAL HEALTH FIRST AID

## MENTAL HEALTH FIRST AID

Mental Health First Aid teaches adults 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.

### When:

**Tuesday, Feb. 11, 2025**  
**9:00 am - 4:00 pm\***

### Location:

**1215 Anderson Road**  
**Mount Vernon, WA**  
**98274**

**Audience: Anyone 18+**

**Cost: \$35**

\*In addition to the live class listed above, each attendee must complete 2 hours of online independent study prior to the class.

The course will teach you how to apply the **ALGEE** action plan:

- **Assess** for risk of suicide or harm.
- **Listen** nonjudgmentally.
- **Give** reassurance and information.
- **Encourage** appropriate professional help.
- **Encourage** self-help and other support strategies.

## 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, and self-care

## WHO SHOULD TAKE IT

- Employers
- Police officers
- Hospital staff
- First responders
- Faith leaders
- Community members
- Caring individuals

## Questions?



Contact instructor Fyn Rose  
Email: [Fyn.Rose@UnitedGeneral.org](mailto:Fyn.Rose@UnitedGeneral.org)  
360-854-7150

**If you would like to attend the course and cost is a barrier, please email me for scholarship opportunities**

**Click [here](#) or scan the QR code to sign up by February 7th**



Building Healthier  
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