



Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING



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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:

Thurs., March 27, 2025

9:00 am - 4:30 pm*

Location:

Virtual

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
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 March 25



Building Healthier
Communities

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www.UnitedGeneral.org