

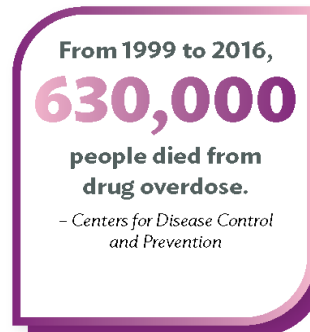
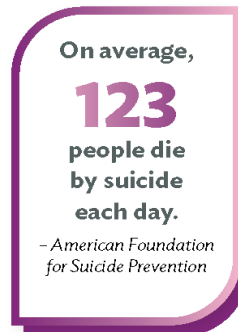


WHY MENTAL HEALTH FIRST AID?

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.

WHO SHOULD TAKE IT

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



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
- **NEW:** Expanded content on trauma, addiction and self-care

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.

Date: Wednesday, April 27, 2022

Location: VIRTUAL CLASS

Fee: Free (includes book and participant processing guide)

Virtual First Aid students will complete a 2-hour, self-paced online class, and then participate in a 6.5 hour Instructor-led course via Zoom. (Includes breaks) After you register for the course, you will receive a link to complete the online portion. When completed, you will be admitted to the Zoom course on the scheduled day.

Register at joan.montoya@carle.com or call 309-304-2449

