



# MENTAL HEALTH FIRST AID

## LEARN HOW TO SUPPORT YOUR FRIENDS, FAMILY AND NEIGHBORS

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults. You'll build skills and confidence you need to reach out and provide initial support to those who are struggling. You'll also learn how to help connect them to appropriate support.

### AFTER THE COURSE, YOU'LL BE ABLE TO:

- Recognize common signs and symptoms of mental health challenges.
- Recognize common signs and symptoms of substance use challenges.
- Understand how to interact with a person in crisis.
- Know how to connect a person with help.
- Use self-care tools and techniques.

Join the more than **2.6 MILLION** *First Aiders* who have chosen to be the difference in their community.

## REGISTER TODAY!

### Delivery Format:

This class is blended with 2 hours of independent prework followed by a 7 hour in person course. This course is free to all participants and lunch will be provided by Hannah's House.

### Date and Time:

Saturday, January 20th from 9am-4pm

### Location:

Waterbury-location will be given after you enroll

### Where to Register:

Please email [susanmcknight@gmavt.net](mailto:susanmcknight@gmavt.net) to register

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.

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