

MENTAL HEALTH FIRST AID

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.

Participants receive certification valid for 3 years.

Learning Options

Blended: First Aiders will complete a 2-hour, self-paced online course, and then participate in a 5-hour instructor-led session. Facilitated sessions can be held in person or virtually via zoom.

In-Person: First Aiders will receive their training as an 8-hour, instructor-led, in-person course.

“ I can’t tell you how much I appreciate having had the chance to get to this training. You were a terrific facilitator... giving everyone room to share experiences and insights. Everyone should take the class... I think the world could be a better place.”

Beth Skudder, M.S., Ed.

Women and Family Life Center

Program Coordinator,
Girls Coach Girls Run Coordinator

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

This 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.



To schedule training for your organization please contact:

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