



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.

Learn how to respond with the
Mental Health First Aid Action Plan (**ALGEE**):

- A** **ssess** for risk of suicide or harm.
- L** **isten** nonjudgementally.
- G** **ive** reassurance and information.
- E** **ncourage** appropriate professional help.
- E** **ncourage** self-help and other support strategies.

REGISTER TODAY!

If you or your organization are interested in enrolling
in MHFA please contact

AReimann@summitpointe.org

Or call

269-966-1460

