



Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING



ADULT MENTAL HEALTH FIRST AID

LEARN HOW TO SUPPORT YOUR FRIENDS, FAMILY, NEIGHBORS & COLLEAGUES

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.

WHO SHOULD TAKE IT

- Employees
- First Responders
- Helping Professionals
- Family Members
- Caregivers
- Faith Leaders
- Community Members
- Caring Individuals
- Supervisors/Managers

COST & WHAT IT COVERS

COST: \$75/person

- Participant Manual & Materials
- Nationally Accredited Certification (good for 3 years)
- Lunch & Refreshments

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.

BROUGHT TO YOU BY:



Your Instructor:
Lauren N. Jenkins, LCPC

JOIN US IN-PERSON

Date: Saturday, March 25, 2023

Time: 8:00AM—4:30PM

Location: UM BWMC Community Room
255 Hospital Drive Glen Burnie, MD 21061

Register by: Monday, March 13th

LifeofJoyFoundation.org > Events

