



MENTAL HEALTH FIRST AID

Get Trained | Save a Life

Mental Health First Aid teaches you **how to identify, understand and respond to signs of mental illnesses 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. Youth MHFA is also available for adults working with youth (age 12-18).

The course will teach you how to apply the ALGEE action plan

- Approach, assess for risk of suicide or harm and assist
- Listen nonjudgmentally
- Give reassurance and information
- Encourage appropriate professional help
- Encourage self-help and other support strategies

Join the movement and register for one of many FREE courses

Courses are available virtually and in-person.

To register for courses: **CLICK HERE**

- Courses require advanced registration. Participants must register 2 weeks in advance (1 month recommended).
- Courses are for Missouri residents only.
- Youth and Adult Mental Health First Aid courses have a significant amount of overlapping content. If you plan to take both, we recommend 3 months between classes.

Virtual participants must complete 2-hours of self-paced training at least 3 days prior to the course date.

INTERESTED IN HOSTING A COURSE FOR YOUR GROUP OR ORGANIZATION?

Email info@mhfamissouri.org

or visit <http://mhfamissouri.org/mental-health-first-aider/>

