

WHY YOU SHOULD CONSIDER BEING A MENTAL HEALTH FIRST AIDER



On average

123

people die by suicide each day

1 in 5

people live with
a mental health condition



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.

**Sign up for a FREE Adult Mental Health First Aid Training
at <https://wirose.wisc.edu/community-programming/>**

Virtual Adult Mental Health First Aid

First Aiders will complete a 2-hour, self-paced online class, and then participate in a 6.5-hour, Instructor-led Zoom Meeting.

Upcoming Trainings:

1-day Trainings:

- [April 22, 2022 9AM to 3:30 PM](#)
- [May 3, 2022 9 AM to 3:30 PM](#)
- [May 20, 2022 9 AM to 3:30 PM](#)
- [June 6, 2022 9 AM to 3:30 PM](#)

2-day training is also available

- [June 29th AND June 30th 12:30-3:30 PM](#)



Extension
UNIVERSITY OF WISCONSIN-MADISON