



Mental Health FIRST AID
from NATIONAL COUNCIL FOR MENTAL WELLBEING

MENTAL HEALTH FIRST AID FOR FIRE & EMS

MENTAL HEALTH FIRST AID teaches 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. It focuses on the unique experiences and needs of first responders and is a valuable resource that can make a difference in their lives, their coworkers' and families' lives, and the communities they serve.



WHAT IT COVERS

- A discussion of first responder culture, stigma and their relevance to the topic of mental health.
- Outreach tactics to respond to individuals experiencing a mental health crisis.
- A discussion of the specific risk factors faced by many first responders and their families.
- A review of common mental health resources for first responders, their families and those who support them.

WHO SHOULD TAKE IT

- Firefighters
- EMS personnel
- Other first responders

MHFA is an 8 hour class (8:00-4:30) and lunch will be provided on site. Cost is \$40, which includes a manual, workbook and lunch.

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

- **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.

TWO DATES & LOCATIONS

Argyle - Dec. 14

Platteville - Dec. 21



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OR CALL 608-328-9440 To Register or find out more!

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