



# Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING

## WHY 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.

## WHAT IT COVERS

- Common signs and symptoms of mental illness
- Common signs and symptoms of substance use
- How to interact with a person in crisis
- How to connect the person with help
- **NEW:** Expanded content on trauma, addiction and self-care

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

- **Assess** for risk of suicide or harm.
- **Listen** nonjudgmentally.
- **Give** reassurance and information.
- **Encourage** appropriate professional help.
- **Encourage** self-help and other support strategies.

- **BLENDED LEARNING.** After completing a 2-hour, self-paced online course. First Aiders will participate in two in-person, Instructor-led classes.
- **CLASS DATES:** Wednesday, October 18<sup>th</sup> and Friday, October 20<sup>th</sup>
- **CLASS TIMES:** 9:00 AM to Noon
- **CLASS LOCATION:** Bemis, room 114 CD
- **CLASS Cost:** \$25.00 pre-payment, cash or check (made out to SNC)
- **CLASS ATTENDANCE:** Participants must complete all 3 learning components

To register by October 11th, choose one of the following:

Call 920-403-3045

Email [counseling@snc.edu](mailto:counseling@snc.edu)

Use this QR code

Class size is limited!

