



Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING



MENTAL HEALTH FIRST AID

Join the more than
2.6 MILLION

**First Aiders who have chosen to be
the difference in their community.**

LEARN HOW TO SUPPORT THE PEOPLE IN YOUR LIFE

Adult Mental Health First Aid (MHFA) teaches adults (18 and older) how to identify, understand and respond to signs of mental health and substance use challenges among adults.

Youth Mental Health First Aid (YMHFA) teaches adults (18 and older) how to identify, understand and respond to signs of mental health and substance use challenges among adolescents ages 12-18.

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.

REGISTER TODAY!

Adult MHFA Class Date(s):

- July 19th & 20th 5-9:30pm
- September 7th & 8th 12-4:30pm
- October 13th & 14th 8:30am-1pm
- December 6th 8:30am-5pm *30 min lunch break

Youth MHFA Class Date(s):

- August 4th & 5th 8:30am - 1pm
- November 16th 8:30am - 3:30pm *30 min lunch break

Learn how to respond with the Mental First Aid Action Plan (**ALGEE**):

Assess for risk of suicide or harm.

Listen nonjudgmentally.

Give reassurance and information.

Encourage appropriate professional help.

Encourage self-help and other support strategies.

Location: Carroll Community College
Register: 410-386-8100 or Carrollcc.edu/MHFA