

**MENTAL HEALTH AWARENESS WEEK**

# **MENTAL HEALTH FIRST AID**

**NOVEMBER 17, 1 - 5 PM**

**NOVEMBER 20, 1- 5 PM**

## **BESTSELF BEHAVIORAL HEALTH 6 HOURS (INCLUDES 2 HOUR SELF-GUIDED)**

**MAXIMUM 20 REGISTRANTS PER SESSION**

*You may know CPR and the Heimlich maneuver. You can call 911.*

*But can you administer first aid in a mental health crisis?*

It's easy to tell when someone is having a heart attack, is choking, or can't breathe. But what does depression look like? Or anxiety? What would you say to a person you know who says they are thinking about suicide? How can you help in a panic attack?

**Getting trained as a Mental Health First Aider is a first step in helping you to be prepared.**

Mental Health First Aid is an 8-hour course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis. Mental Health First Aid courses are for anyone who wants to make their community healthier, happier and safer for all.

Mental Health First Aid takes the fear and hesitation out of starting conversations about mental health and substance use problems by improving understanding and providing an action plan that teaches people to safely and responsibly identify and address a potential mental illness or substance use disorder.

### **4 Reasons To Get Trained:**

- **Be Prepared:** When a mental health crisis happens, know what to do
- **You Can Help:** People with mental illnesses often suffer alone
- **Mental illnesses are common:** 1 in 5 adults in any given year
- **You Care:** Be there for a friend, family member, or colleague

Mental Health First Aid (MHFA) teaches participants how to assist people who are developing a mental health problem, experiencing a worsening of an existing mental health problem or in a mental health crisis, until appropriate professional help is received or the crisis resolves.

**VISIT [BIT.LY/NUMHFA](https://bit.ly/numhfa) FOR MORE INFORMATION AND TO REGISTER.**

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