



Crisis Response NETWORK

PRESENTS

Mental Health First Aid Training



MENTAL
HEALTH
FIRST AID

Just as CPR helps you assist an individual having a heart attack — even if you have no clinical training —

Mental Health First Aid helps you assist someone experiencing a mental health related crisis. In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help.



ALGEE, the Mental Health First Aid 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*



Included in SAMHSA's
National Registry of
Evidence-based
Programs and Practices

Mental Health First Aid is an eight hour course that teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps you identify, understand, and respond to signs of addictions and mental illnesses. You will receive a resource manual and three year certification upon completion of the course.

Rates and Scheduling

\$50 per person; 20 person minimum per class

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