

MENTAL HEALTH FIRST AID

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 IN-PERSON LEARNING MODEL

After completing a 2-hour, self-paced online course, First Aiders will participate in a 6-hour, in-person, instructor-led class. Participants will receive a Mental Health First Aid certification after completing this class.

ON AVERAGE,

123

PEOPLE DIE
BY SUICIDE
EACH DAY.

*-American Foundation for
Suicide Prevention*

FROM 1999-2016

630,000

PEOPLE DIED
FROM DRUG
OVERDOSE

*-Centers for Disease Control
and Prevention*

NEARLY

1 IN 5

U.S ADULTS LIVE WITH A
MENTAL ILLNESS

*-National Institute of Mental Health via the
National Survey on Drug Use and Health and
the Substance Abuse and Mental Health
Services Administration*

Class Options

- Monday & Wednesday March 7th and 9th 9:00am to Noon
- Saturday April 2nd 8:00am to 3:00pm
- Saturday April 9th 8:00am to 3:00pm
- Thursday May 19th 8:00am to 3:00pm
- Tuesday & Wednesday June 7th and 8th 9:00am to Noon

REGISTRATION

(Maximum of 30 participants)

Contact Kathy Richie at
Kathy.richie@rctc.edu or 507-280-3157

Cost: \$195

Link to register:

https://mnsu.rschooltoday.com/public/getclass/category_id/385/program_id/52/subcategory_id/6382

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www.rctcbwe.com