

MENTAL HEALTH FIRST AID TRAINING



Why Mental Health First Aid?

REGISTER NOW >

WHAT IT COVERS

- Common signs and symptoms of mental health challenges.
- Common signs and symptoms of substance use challenges.
- How to interact with a person in crisis.
- How to connect a person with help.
- Expanded content on trauma, substance use and self-care.

WHO SHOULD TAKE IT

- Human resources and benefits partners.
- Senior leaders and front-line managers.
- Clinical and wellness staff.
- All employees dedicated to employee engagement, team building and resilience.

Tuition: \$99 - includes online certification exam

Date and Time: Saturday, February 25, 2023 - 8am to 4pm

Location: Advanced Technology Center - Room 112
500 Galliher Drive, Fairmont, WV 26554



**Questions? Center for Workforce
Education 304-367-4920**

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

- A**ssess for risk of suicide or harm.
- L**isten nonjudgmentally.
- G**ive reassurance and information.
- E**ncourage appropriate professional help.
- E**ncourage self-help and other support strategies.