

MENTAL HEALTH FIRST AID TRAINING



Why Mental Health First Aid?

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.

This course is blended, meaning it consists of two hours of on-line videos which the student must do on their own prior to the 5.5 hours of in-class instruction.

Tuition: \$99 - includes online access to e-materials, workbooks, manuals, online certification exam, and pre-course videos.

Schedule:

Saturday, April 29, 2023 | 9AM - 3PM



Pierpont's Advanced Technology Center
500 Galliher Drive, Fairmont, WV



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.

MORE INFO

Questions?
Call 304-367-4920

