



MENTAL HEALTH FIRST AID

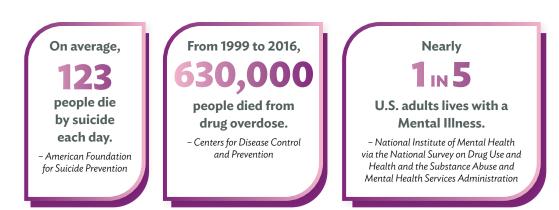
Register for one of the dates below or schedule a training for your community MHFA-KS@DCCCA.org https://forms.gle/AfineAqafakAxU1V6

2022 Training Dates:

November 4, 2022 November 18, 2022 December 6, 2022 December 16, 2022

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.



THREE LEARNING OPTIONS

- **VIRTUAL.** First Aiders will complete a 2-hour, self-paced online course, and then participate in a 4.5 to 5.5-hour, Instructor-led video conference.
- **BLENDED LEARNING.** After completing a 2-hour, self-paced online course, First Aiders will participate in a 4.5-hour, in-person, Instructor-led class.
- **IN-PERSON.** First Aiders will receive their training as an 8-hour, Instructor-led, in-person course.

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

WHO SHOULD TAKE IT

- Employers Police officers
- Police officers
- Hospital staff
- First responders
- Faith leaders
- Community
 members
- Caring individuals
- 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.