Why Mental Health First Aid?

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. This 8-hour 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 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: How to administer naloxone in the event of an opioid overdose.

More than 1 million trained!

TO FIND A COURSE OR CONTACT AN INSTRUCTOR IN YOUR AREA, VISIT www.MentalHealthFirstAid.org OR EMAIL Info@MentalHealthFirstAid.org.

WANT TO TAKE THE COURSE?

Where: Martin Luther King University Union - Arcola/Tuscola Room
When: Saturday, September 7, 2019 8:00am - 5:00pm
Register Here: https://eiumhfa.eventbrite.com