



# 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 illnesses 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. Youth MHFA is also available for adults working with youth (age 12-18).

### The course will teach you how to apply the ALGEE action plan

- Approach, assess for risk of suicide or harm and assist
- Listen nonjudgmentally
- Give reassurance and information
- Encourage appropriate professional help
- Encourage self-help and other support strategies

Choose the best option for you:

#### Virtual Adult Courses\*:

**March 8:** 9:00 am - 3:30 pm

**March 10:** 8:30 am - 3:30 pm

**March 18:** 8:30 am - 3:30 pm

**March 26:** 8:30 am - 3:30 pm

**March 30:** 8:30 am - 3:30 pm

- Courses require advanced registration. Participants must register 2 weeks in advance (1 month recommended).
- Courses are for Missouri residents only.
- Youth and Adult Mental Health First Aid courses have a significant amount of overlapping content. If you plan to take both, we recommend 3 months between classes.

\*Virtual participants must complete 2-hours of self-paced training at least 3 days prior to the course date.

To register for courses, [click here](#)

#### Virtual Youth Courses\*:

**March 11:** 8:00 am - 1:00 pm

**March 17:** 9:00 am - 3:00 pm

**March 22:** 8:00 am - 1:00 pm

For additional classes, visit  
[www.MHFAMissouri.org/events](http://www.MHFAMissouri.org/events)

INTERESTED IN HOSTING A COURSE FOR YOUR GROUP OR ORGANIZATION?

Email [info@mhfamissouri.org](mailto:info@mhfamissouri.org)

or visit <http://mhfamissouri.org/mental-health-first-aider/>

