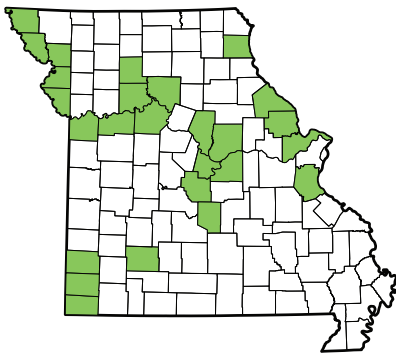


# MENTAL HEALTH FIRST AID

## Why Mental Health First Aid?

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental 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. Both Youth (for adults assisting youth ages 12-18) courses and Adult courses are available in-person and virtually.



## Schedule a Free Youth or Adult Course

Are you in the affected area? If so, you're eligible for a free virtual course for 20-30 people within your group. [Click here](#) to schedule your class. Mention the "DMH Disaster Grant" when you complete the form.

### Eligible Counties

Andrew	Jackson	Osage
Atchison	Jasper	Pike
Boone	Jefferson	Platte
Buchanan	Lafayette	Pulaski
Callaway	Lewis	St. Charles
Carroll	Lincoln	Saline
Chariton	Livingston	
Cole	McDonald	
Greene	Miller	
Holt	Newton	

### What You Learn

- 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

**Grant funding ends in September 2021 so act fast to get a course scheduled before funding expires.**