

Mental Health First Aid

From National Council for Mental Wellbeing

Why Mental Health First Aid?

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.

Who needs to know mental health first aid?

- Employers
- Police Officers
- Hospital Staff
- First Responders
- Caring Individuals

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

Learn how to respond with the Mental Health First Aid Action Plan (ALGEE):

Assess for risk of suicide or harm

Listen nonjudgmentally

Give reassurance and information

Encourage appropriate professional help

Encourage self-help and other support strategies

Schedule:

9/10/2024 & 9/12/2024 – T & Th from 5:00-8:00pm - Remote

Or

9/13/2024 – Friday from 9:00-3:30pm. – Remote

Tuition - \$90.00

Registration: 610-799-1197

Information: jleach1@lccc.edu