Mental Health FIRST AID
from NATIONAL COUNCIL FOR MENTAL WELLBEING

MENTAL HEALTH FIRST AID

LEARN HOW TO SUPPORT YOUR FRIENDS, FAMILY AND NEIGHBORS

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

You'll build skills and confidence you need to reach out and provide initial support to those who are struggling. You'll also learn how to help connect them to appropriate support.

AFTER THE COURSE, YOU'LL BE ABLE TO:

- Recognize common signs and symptoms of mental health challenges
- Recognize common signs and symptoms of substance use challenges.
- Understand how to interact with a person in a crisis.
- Know how to connect a person with help.
- Use self-care tools and techniques.

Join the more than

2.6 MILLION

First Aiders who have chosen to be **the difference in** their community.

Get Trained in Mental Health First Aid

Mental Health First Aid is valued at $170 per person

- $125 per person up to 15 people
- $100 per person after 16 (30 person max class size)
- Price includes all training materials
- Limited Grant Funded (no cost) trainings available in the following counties:
  - Niagara, Erie, Chautauqua, Cattaraugus, Allegany, Wyoming, Genesee, Orleans, Monroe, Livingston, Steuben, Yates, Ontario, and Wayne
- *Western New York Rural Area Health Education Center, Inc. is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0685 and Physical Therapy*

UPCOMING TRAINING:

September 30, 2022 9am-4pm

register online: https://forms.gle/sn3CxYUhTRR4ixDi7

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

- **A**ssess **for risk of suicide or harm.**
- **L**isten **nonjudgementally.**
- **G**ive **reassurance and information.**
- **E**ncourage **appropriate professional help.**
- **E**ncourage **self-help and other support strategies.**

FOR MORE INFORMATION OR TO JOIN THE WAITING LIST FOR A TRAINING CONTACT:

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WESTERN NEW YORK
WNY R-AHEC
RURAL AREA HEALTH EDUCATION CENTER
Improving health & healthcare through education.

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