



# MENTAL HEALTH FIRST AID®

World-Class Training  
High Impact-Low Cost



## Why Mental Health First Aid?

Nearly 1 in 5 U.S. adults lives with a mental illness.\*

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders in adults and youth.

This 8-hour session teaches the skills needed to identify adults and youth who are developing a mental health problem or experiencing a mental health crisis.

It then teaches you how to connect them to appropriate care.



### Who should take Mental Health First Aid?

- Employers
- Police officers
- Hospital staff
- First responders
- Faith leaders
- Community members
- Teachers

### What the course 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.

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

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

*\*National Institute of Mental Health*

*Course information source: Mental Health First Aid, managed by the National Council for Behavioral Health and Missouri Department of Mental Health*



For more information or to schedule a Mental Health First Aid training, email Rebecca Fairman at [Rebecca@connectionsmw.org](mailto:Rebecca@connectionsmw.org) or call **920-562-9691**.



*This project is funded by the Advancing a Healthier Wisconsin Endowment at the Medical College of Wisconsin.*